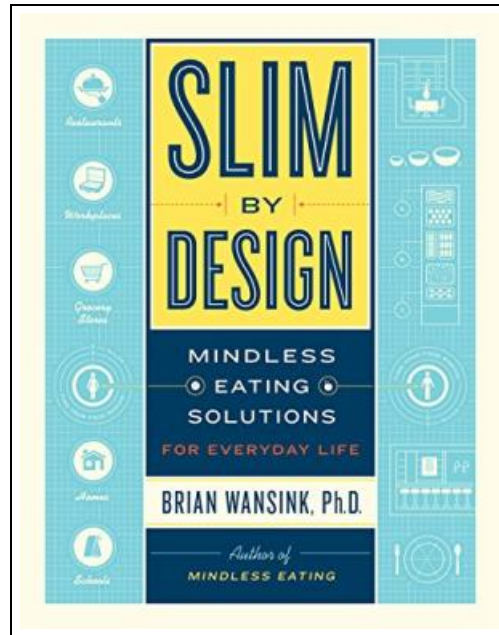


Slim by Design: Mindless Eating Solutions for Everyday Life (Hardback)



Filesize: 9.44 MB

Reviews

This publication is definitely worth buying. It is written in straightforward words rather than difficult to understand. You are going to like how the writer composes this publication.

(Dr. Joaquin Klein)

SLIM BY DESIGN: MINDLESS EATING SOLUTIONS FOR EVERYDAY LIFE (HARDBACK)

[DOWNLOAD](#)

William Morrow Company, United States, 2014. Hardback. Book Condition: New. 231 x 183 mm. Language: English . Brand New Book. The Future Is Slim by Design! In this paradigm-shattering book, leading behavioral economist and food psychologist Brian Wansink--dubbed the Sherlock Holmes of food and the wizard of why--offers a radical new philosophy for weight loss. The answer isn't to tell people what to do; it's to set up their living environments so that they will naturally lose weight. Using cutting-edge, never-before-seen research from his acclaimed Food and Brand Lab at Cornell University, Wansink reveals how innovative and inexpensive design changes--from home kitchens to restaurants, from grocery stores to schools and workplaces--can make it mindlessly easy for people to eat healthier and make it more profitable for the companies who sell the food). In Slim by Design, Wansink argues that the easiest, quickest, and most natural way to reverse weight gain is to work with human nature, not against it. He demonstrates how schools can nudge kids to take an apple instead of a cookie, how restaurants can increase profits by selling half-size portions, how supermarkets can double the amount of fruits and vegetables they sell, and how anyone can cut plate refills at home by more than a third. Interweaving drawings, charts, floor plans, and scorecards with new scientific studies and compelling insights that will make you view your surroundings in an entirely fresh way, this entertaining, eye-opening book offers practical solutions for changing your everyday environment to make you, your family, and even your community slim by design.

[Read Slim by Design: Mindless Eating Solutions for Everyday Life \(Hardback\) Online](#)[Download PDF Slim by Design: Mindless Eating Solutions for Everyday Life \(Hardback\)](#)

See Also



Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!

Harriman House Publishing. Paperback. Book Condition: new. BRAND NEW, Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!, Mel McGee, Inspiring stories from some of the world's most...

[Read Book »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Read Book »](#)



13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)

Reader s Digest Association, United States, 2013. Hardback. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local...

[Read Book »](#)



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning>Welcome. Designed to...

[Read Book »](#)



Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning>Welcome. Designed to...

[Read Book »](#)