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A: Our population is growing, our climate is changing, and our food preferences keep evolving. To make sure there is enough safe, healthy and affordable food, we need to make significant changes to our food system. People want their food system to be transparent - from who grows it to how it arrives in the grocery store.

Understanding WHY you eat will lead to real change and let you take back your life. In You Are WHY You Eat , Dr. Ramani takes a fresh, brave, and edgy approach to self-help. Through real-life anecdotes and thought-provoking exercises, she gives you the tools you need to live on your terms.

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Research has shown that eating off of a smaller plate can trick your brain into thinking that you're eating more, and it can help prevent you from overeating. Measure and use accurate portion sizes. That way, you know exactly how many nutrients and calories you are eating. Try to follow portion-size guidelines. Listen to your body. You may not feel full right away, but that doesn't mean that you should keep eating until you feel uncomfortable.

What if you could stop eating, stop working at a bad job, stop a bad relationship-stop anything when you have had enough? Understanding WHY you eat can lead to real and lasting change-both in weight loss and all other areas of life. In You Are WHY You Eat , food becomes a digestible metaphor....

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