

Why We Overeat and How to Stop

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Summary

Why We Overeat and How to Stop provides a context for understanding why millions of us keep harming ourselves with food no matter how deeply we want to change. Basic neuroscience—described in jargon-free language and with relatable, day-to-day examples—has collided with evolution and culture to create an environment in which most of us are predisposed toward losing control of ourselves with food.

Parts One and Two of the book explain, step by step, exactly how we ended up in this predicament and why it is actually unsurprising that the vast majority of us struggle this way. Part Three examines the challenges that make it so hard to adopt and maintain healthier practices, and includes many strategies for navigating these challenges more successfully in the future.

Part Four is a detailed tutorial on how to put this new-found knowledge of the brain to effective use in creating more a fulfilling life, especially when it comes to eating. Part Five drills down to the day-to-day principles and practices with food that empower us to maximize both happiness and health for life, making it possible to leave behind all dieting, yo-yo and otherwise, forever.

Lest readers still feel nervous about how to get through common challenges like wanting to graze through the evening, dealing with restaurant buffets, getting through the holidays, and figuring out how to keep it together while traveling, there are appendices addressing each of these issues in detail.

Perhaps the most unique and important feature of this book is that the emphasis is on understanding and working effectively with the way we already *are*, rather than on continuing to try to force ourselves into unnatural change that we can never reliably maintain.