



Addicted to Food: Understanding the Obesity Epidemic

By James Erlichman

Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Obesity has hit epidemic levels. In the developed, and much of the developing world, it is now normal to be overweight with a BMI of 25 or more. And the global population is getting fatter all the time as a powerful mix of cheap foods, social behaviours, and commercial pressures drives us to the biscuit tin again and again and again. But this is not the worst of it. The sugars, salts and fats that are slowly killing us are at the same time essential for our survival. Our brains reward us when we eat them, filling us with feelings of pleasure. But modern abundance has pushed this too far - in this Guardian Short, James Erlichman lays out a frank argument in which we have become addicted to food. Full of diverse research and exploring the science of obesity and the social history of what we eat for our meals (and snacks), Addicted to Food is a powerful call for us to understand the terrible catch-22 that is driving our ever-expanding waistlines. Written with humour and passion, it will not just make you look at...

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