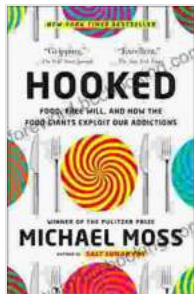


# Food Free Will and How the Food Giants Exploit Our Addictions



## Hooked: Food, Free Will, and How the Food Giants Exploit Our Addictions by Michael Moss

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2247 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 278 pages



In his groundbreaking book, *Food Free Will*, food addiction expert Dr. Neal Barnard exposes the hidden tactics that food giants use to exploit our addictions and keep us hooked on unhealthy foods.

Dr. Barnard argues that the food industry has created a system that is designed to make us addicted to their products. They use a variety of tactics, including:

- **Adding addictive ingredients to their foods.** Many processed foods contain high levels of sugar, salt, and fat, which are all known to be addictive substances.
- **Creating foods that are designed to be hyperpalatable.** These foods are engineered to be as appealing as possible to our taste buds,

making it hard to resist eating them.

- **Marketing their products aggressively.** Food giants spend billions of dollars each year on advertising, which can make it difficult to avoid their products.

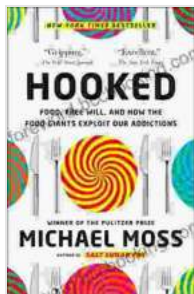
As a result of these tactics, many people find themselves addicted to unhealthy foods. This addiction can lead to a variety of health problems, including obesity, chronic disease, and even addiction.

In *Food Free Will*, Dr. Barnard provides a roadmap to breaking free from the cycle of addiction and reclaiming our health. He offers a variety of practical tips and strategies, including:

- **Identifying your food triggers.** The first step to breaking free from food addiction is to identify the foods that trigger your cravings.
- **Avoiding your food triggers.** Once you know what your food triggers are, you can start to avoid them.
- **Eating a healthy diet.** Eating a healthy diet that is rich in fruits, vegetables, and whole grains can help to reduce your cravings for unhealthy foods.
- **Getting regular exercise.** Exercise can help to improve your mood and energy levels, which can make it easier to resist food cravings.
- **Getting support.** Talking to a therapist or joining a support group can provide you with the support you need to break free from food addiction.

*Food Free Will* is an essential resource for anyone who is struggling with food addiction. Dr. Barnard's groundbreaking book provides a roadmap to breaking free from the cycle of addiction and reclaiming our health.

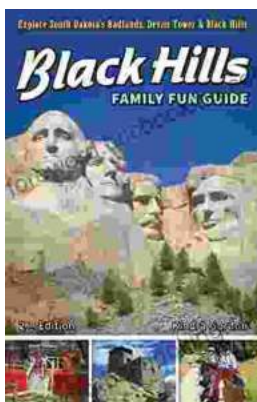
If you are ready to take back control of your health, Free Download your copy of *Food Free Will* today.



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