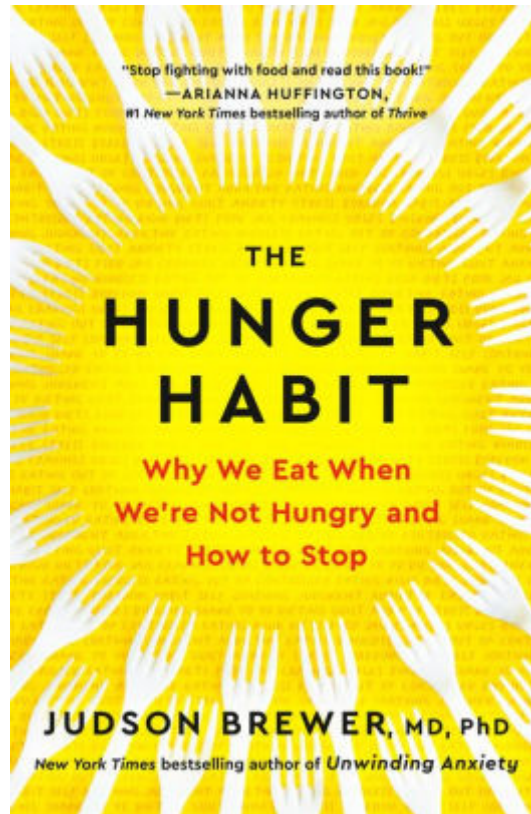


# The Hunger Habit: Why We Eat When We're Not Hungry and How to Stop

by Judson Brewer



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