

Title: **Why You Eat What You Eat: The Science Behind Our Relationship with Food. 2018.**

Author: **Rachel Herz, PhD**

Genre: *Non-fiction*

Subject: *Physical and emotional workings impact our success toward becoming healthy human beings*

Hook: Neuroscientist examines what influences our eating habits in an easy to “chew and swallow” manner

Reviewer’s opinion: *A refreshing departure from typical weight loss books that often give you a method ... without the knowledge*

Personal recommendation: *I enjoyed reading this book*

Reviewed by **Helene Levine**

TBI member for 36 years

Rachel Herz, acclaimed neuroscientist, examines what influences our eating habits in an easy to “chew and swallow” manner in her book *Why You Eat What You Eat*. Ms. Herz tells of her **infatuation with the science of food**. Ms. Herz is a neuroscientist and shares her knowledge of complex findings and facts about food in an easy to understand manner. She explains how our relationship to food is chocked full of taste, personality, and emotion. If you are looking for a book on dieting or menu planning this may not be the book for you. *Why You Eat What You Eat* is an adventure in how food can be our friend and how learning about **“The Fab Four”, Sweet, Sour, Salty, and Bitter**, the four basic tastes, guide how we respond to food. These four basic tastes are heavily involved in the multiple facets of our life. Ms Herz also shares information on how intellectual strength can overcome our emotional need to munch on whatever happens to come our way. I enjoyed reading this book as it was a refreshing departure from typical weight loss books that often give you a method on how to lose weight without the knowledge about how our physical and emotional workings impact our success toward becoming healthy human beings.

