



Slim by Design: Mindless Eating Solutions for Everyday Life

Brian Wansink

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In *Slim by Design*, leading behavioral economist, food psychologist, and bestselling author Brian Wansink introduces groundbreaking solutions for designing our most common spaces--schools, restaurants, grocery stores, and home kitchens, among others--in order to make positive changes in how we approach and manage our diets. For a quick introduction to the book, check out this YouTube Video:
youtube.com/watch?v=Nfudq4C-Agc

Anyone familiar with Wansink's *Mindless Eating* knows this is not a typical diet book. Wansink shares his scientific approach to eating, providing insight and information, so we can all make better choices when it comes to food.

The pioneer of the Small Plate Movement, Brian Wansink presents compelling research conducted at the Food and Brand Lab at Cornell University by way of cartoons, drawings, charts, graphs, floor plans, and more. *Slim by Design* offers innovative ways to make healthy eating mindlessly easy.

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