

A Simple Weight Loss Strategy. Really. Maybe.

January 04, 2012

Huffington Post:

Dieting and weight control are really pretty simple. We gain weight and have trouble losing it because we eat too much and move too little. If we can switch that around, most of us should be able to maintain a sensible weight without resorting to unhealthy gimmicks.

But that's just the biology of weight control. What about the psychology? Why do we habitually take in too many calories, even when we know those calories are a ticket to obesity and all sorts of chronic diseases?

Read the full story: [*Huffington Post*](#)