

# How to Get in Shape Using Psychology: 6 New Tricks From Research

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## *Time:*

Why is there an obesity epidemic? It's not because we eat the wrong things or we lack exercise. Research shows that, plain and simple, most of us just eat too much:

“Reported consumption increased by 268 calories for men and 143 calories for women between the two surveys. This increase is more than enough to explain the increase in steady-state weight... The available evidence suggests that calories expended have not changed significantly since 1980, while calories consumed have risen markedly.”

That's hardly shocking. But what's interesting is there's a way to fix this that doesn't involve exercise or being deprived of your favorite foods.

Read the whole story: [Time](#)