

# In 'Eating Lab,' A Psychologist Spills Secrets On Why Diets Fail

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**NPR:**

As soon as Traci Mann's new book, *Secrets From The Eating Lab*, hit bookstores, I ordered my copy.

As the author of a no-diet book myself, I was eager to read what one of the leading researchers on the psychology of eating, dieting and self-control had to say about why diets fail to bring about significant or sustainable weight loss.

After all, Mann, who runs a lab at the University of Minnesota, has studied the scientific literature as well as her own diet subjects for two decades. She has concluded, among other things, that diets are unnecessary for optimal health.

Read the whole story: [NPR](#)