

Unconscious Choices Can Sabotage Health Goals

April 19, 2013

Scientific American Mind:

Plans for working out and eating well often go awry, and the reasons for those lapses are not always obvious. Three new papers highlight unconscious influences that affect our choices.

In several related studies published last fall in *Psychological Science*, researchers at the University of Cologne in Germany investigated the link between health behaviors and the belief in mind-body dualism—the concept that mind and body are two separate entities. Participants who were primed to embrace dualism made less healthy choices than participants encouraged to think of the mind and body as interrelated. The link goes both ways: when participants were primed with health-related concepts, they were less likely to subscribe to dualism.

Read the whole story: [*Scientific American Mind*](#)