

# **Willpower (or Lack of It) Is the Wrong Way to Think About Weight**

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*New York Magazine:*

When you succeed at eating healthy foods and avoiding junk, you probably attribute the bulk of your success to your ability to resist unhealthy impulses, the sheer power of your mighty will. Likewise, when the diet (inevitably) fails and you start to regain the weight you lost, it's your inability to exert self-control that takes much of the blame.

Read the whole story: [New York Magazine](#)