



# **Slim by Design: Summary of the Key Ideas - Original Book by Brian Wansink: Mindless Eating Solutions for Everyday Life**

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## **Slim by Design: Summary of the Key Ideas - Original Book by Brian Wansink: Mindless Eating Solutions for Everyday Life** Evolvo

“Slim by Design” is a wonderful journey to understand food philosophy. It is absolutely vital to make the right choices in regard to what we consume and it becomes a lot easier by following a simple and scientific approach. Scientific experiments, as the ones outlined in this book, can give proof to the mistakes we commonly make every day and guide us to their solutions as well.

Who should read this book:

- Those who struggle with weight loss or diet maintenance.
- Those who are part of the food industry or somehow responsible for people’s nutrition.

In this summary:

Chapter 1: Misjudging quantity

Chapter 2: The role of psychology

Chapter 3: The role of the senses

Chapter 4: Food is the fuel for your mood

Chapter 5: External deceptive factors

Chapter 6: What principles to adopt

Chapter 7: Assess yourself

Chapter 8: Modifying selection

Chapter 9: Dos and don'ts at home

Chapter 10: Altering outdoor activity

Chapter 11: Final Summary

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