



How We Eat with Our Eyes and Think with Our Stomachs: the hidden influences that shape your eating habits (Paperback)

By Melanie Mühl, Diana von Kopp

Scribe Publications, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Does eating off a red plate really curb your appetite? Can music enhance sweet flavours and deepen savoury ones? Why does a homemade Belgian double-chocolate cake make your mouth water more than a chocolate cake? And would you pay more for it? Discover the answers to these questions and more in this clever little book that draws on the latest scientific research to explain the innumerable influences behind our appetites, tastes, and eating habits. Learn how to throw your best dinner party yet by optimising the music, lighting, and table setting. Become a savvy shopper by understanding how supermarkets present their products to make some seem more appealing than others. Feel confident ordering food and wine in a restaurant without paying more than they're worth. Know what and why you eat, when and how you do - before you next sit down to dine!



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