

Mindless Eating Why We Eat More Than We Think

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Brian Wansink Spotlight Dr. Brian Wansink discusses his research which looks at "**mindless eating**," or why **we eat** more than **we** think.

Mindless Eating (Do You Do It?) MINDLESS EATING (DO YOU DO IT?) Today's video is all about **mindless eating** - do **you** do it? So what is **mindless eating**?

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