



The Only Way to Win is Walk Away: How to Stay in Control When Eating

Adam Bricknell

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I think, at one point or another, a lot of us have been there. We're eating and it's great, the food delicious, maybe even nutritious and our hunger is ebbing away. Then we keep eating because, oh boy, that's some good grub right there. Sure we don't need it, but it's mighty enjoyable. Call it the Christmas dinner effect - and who doesn't enjoy Christmas dinner?

Yet the time eventually comes to stop eating. To walk away. Obvious though it sounds the only sure way to do it IS to do it. This essay explains how.

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