

Why You

101 Job Interview Questions You'll Never Fear Again

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Find Your Why

Start With Why has led millions of readers to rethink everything they do, in their personal lives, their careers and their organisations. Now Find Your Why picks up where Start With Why left off. It shows you how to apply Simon Sinek's powerful insights so that you can find more inspiration at work and in turn inspire those around you. This hands-on, step-by-step guide will help you to find your WHY. With detailed exercises, illustrations and action steps for every stage of the process, Find Your Why can help you address many important concerns including: -What if my WHY sounds like my competitors? -Can I have more than one WHY? -If my work doesn't match my WHY, what should I do? -What if my team can't agree on our WHY? Whether you've just started your first job, are leading a team or are CEO of your own company, the exercises in this book will help guide you on a path to long-term success and fulfilment, both for you and your colleagues.

Why We Do what We Do

"Edward Deci, one of the country's outstanding social psychologists, writing with former New York Times science and health editor Richard Flaste, offers some bad news and some good news: Rewards and punishments do not make workers perform more effectively, or students learn better, or families function more smoothly - that's the bad news. Indeed, it is the deadening of interest and commitment, from too much control, from overreliance on rewards and threats, that keeps people from peak performance.\" \"But the good news is that people have an innate energy, interest, and excitement about the world that can be encouraged, and when they find greater satisfaction in what they do, they are more effective. Deci shows us how people work more efficiently, learn more intelligently, and treat each other better when their sense of autonomy is encouraged. Give students the reasons why they need to learn something boring, bring workers into the decision process whenever possible, avoid the use of threats, and amazing results will ensue, because people are inherently interested in the world, and they perform optimally when their autonomy is supported. While this good news is a call for autonomy, it is not a call for anarchy. People need limits and structure, but the way these are provided makes all the difference. Reading this book will revolutionize the way we think about motivation - and will give readers insight into what makes us tick.\"--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

If You're So Smart, Why Aren't You Happy?

What are the true determinants of a happy and fulfilling life? Widely admired psychological researcher Rag Raghunathan sets out to find the answer, undertaking extensive research into the happiness of students, business people, stay-at-home-parents, lawyers, and artists, among others. From his research he reveals a crucial discovery: many of the psychological traits that lead to success ironically get in the way of happiness. Forging a new way forward, Raghunathan shows how we can transform these key traits of success, namely the need to be loved, the need for importance and the need for control, and replace them with other behaviours, goals and values to improve our life-long levels of happiness.

Woo's Wonderful World of Maths

Have you ever wondered why a rainbow is curved? Or why left-handers aren't extinct? How a sunflower is like a synchronised swimmer, or a lightning bolt is like a blood vessel? The answer to all these questions and more can be summed up in one simple word: MATHS. As the inimitable Eddie Woo explains, maths is not just about numbers. Maths is about patterns, and our universe is extraordinarily patterned. With enthusiasm and wonder, Eddie is here to help us discover these patterns. With engaging clarity and entertaining anecdotes, Eddie demonstrates the intricacy of maths in all the things we love - from music in our iPods to our credit cards. Filled with humour and heart, this book will fascinate, entertain and illuminate the maths that surrounds us. This is a specially formatted fixed layout ebook that retains the look and feel of the print book. **LOGLISTED FOR THE ABIA GENERAL NON-FICTION BOOK OF THE YEAR 2019 PRAISE FOR EDDIE WOO** "I never thought I'd read a maths book cover to cover, let alone sing its praises. Eddie Woo makes maths fun, accessible and relevant. Now we can all benefit from his extraordinary skill as a teacher." JENNY BROCKIE, journalist and TV host "Not just a great teacher, Woo's Wonderful World of Maths shows Eddie to be a storyteller too. Is there anything the Woo cannot do?" ADAM SPENCER, Ambassador for Mathematics, University of Sydney

The Interview Question & Answer Book

Take the fear out of your interview and never be stuck for the right answer to even the toughest questions with The Interview Question and Answer Book.

You Who: Why You Matter and How to Deal With It

If "Who am I?" is the question you're asking, Rachel Jankovic doesn't want you to "find yourself" or "follow your heart." Those lies are nothing to the confidence, freedom, and clarity of purpose that come with knowing what is actually essential about you. And the answer to that question is at once less and more than what you are hoping for. Christians love the idea that self-expression is the essence of a beautiful person, but that's a lie, too. With trademark humor and no nonsense practicality, Rachel Jankovic explains the fake story of the Self, starting with the inventions of a supremely ugly man named Sartre (rhymes with "blart"). And we--men and women, young and old--have bought his lie of the Best Self, with terrible results. Thankfully, that's not the end of our story, *You Who: Why You Matter and How to Deal with It* takes the identity question into the nitty gritty details of everyday life. Here's the first clue: Stop looking inside, and start planting flags of everyday faithfulness. In Christianity, the self is always a tool and never a destination.

Why You Suck at Guitar

Here's a book intended to challenge you. Here's a book meant to inspire you. This book is a wake-up call to the global problems and roadblocks for you as a guitarist. This book is meant to be a reality check. Even if guitar playing is a hobby for you, your level of enjoyment and satisfaction will increase exponentially if you get better, start to like your playing and sound, and then continue to move forward. But if you aspire to be a part-time gigging and recording musician or full-time musician/guitarist, this book is filled with the ten reasons that are seriously holding you back. (It might even give you enough clues to help you teach guitar lessons for years to come!) I want you to attack any or all of these problems that apply to you, and get your momentum back as a guitarist. I've always believed that the expression "momentum builds motivation" is the key to developing as a musician. Once you're truly excited about your playing, your creativity, and your growth, amazing things can happen with your music. If you're here reading a book called "Why You Suck at Guitar" then it means that you're finally ready to deal with those issues that plague aspiring musicians everywhere. It means that you're brave. Brave enough to face the facts. I wrote this to help you, and not to make you feel bad — or worse — about your music. This is your wake-up call — a musician-to-musician intervention — with the goal of helping you get back on the right path. Music should be fun, and it's always fun to get better. I wrote this to help all guitarists because I know that if we don't like our sound, our abilities,

or our playing, then music isn't fun at all. It's an annoying feeling. By the way, if you're just looking for a book of guitar exercises, that's not what you'll find here. If you wanted to buy another book of riffs that some random musician-author thinks every guitarist in the world should know, that's fine -- but maybe you don't understand what being a real musician means. What you need is clear. You need a personal sound — and that takes a very personal, grounded approach. That means that you need to deal with some big, global issues in your music-making and not worry about which new lick or riff will suddenly transform your playing. On the other hand, if you've already totally decided what you — as a guitarist — need to do to get better, but you're kind of pissy and stubborn about it, then may I suggest that you just go and do that thing. Don't read this book to see if I can or will change your mind. Do what you want! Follow your musician instincts. If you pretty much know what you want as a musician, and you already have a sense about what you need to work on, seriously, just practice that! But if you do need some more input, some more ideas, some feedback, and a dose of outside inspiration, then you are my ideal reader because: 1) You want to get better now and 2) You admit that you don't have all the answers 3) You have enough of an open mind to check out what I'm going to say and work on removing those roadblocks that apply to you.

You Look Like a Thing and I Love You

As heard on NPR's \"Science Friday,\" discover the book recommended by Malcolm Gladwell, Susan Cain, Daniel Pink, and Adam Grant: an \"accessible, informative, and hilarious\" introduction to the weird and wonderful world of artificial intelligence (Ryan North). \"You look like a thing and I love you\" is one of the best pickup lines ever . . . according to an artificial intelligence trained by scientist Janelle Shane, creator of the popular blog AI Weirdness. She creates silly AIs that learn how to name paint colors, create the best recipes, and even flirt (badly) with humans—all to understand the technology that governs so much of our daily lives. We rely on AI every day for recommendations, for translations, and to put cat ears on our selfie videos. We also trust AI with matters of life and death, on the road and in our hospitals. But how smart is AI really... and how does it solve problems, understand humans, and even drive self-driving cars? Shane delivers the answers to every AI question you've ever asked, and some you definitely haven't. Like, how can a computer design the perfect sandwich? What does robot-generated Harry Potter fan-fiction look like? And is the world's best Halloween costume really \"Vampire Hog Bride\"? In this smart, often hilarious introduction to the most interesting science of our time, Shane shows how these programs learn, fail, and adapt—and how they reflect the best and worst of humanity. *You Look Like a Thing and I Love You* is the perfect book for anyone curious about what the robots in our lives are thinking. \"I can't think of a better way to learn about artificial intelligence, and I've never had so much fun along the way.\" —Adam Grant, New York Times bestselling author of *Originals*

Why You Hear what You Hear

This title makes possible a deep intuitive understanding of many aspects of sound, as opposed to the usual approach of mere description. This goal is aided by hundreds of original illustrations and examples, many of which the reader can reproduce and adjust using the same tools used by the author.

The First 20 Hours

'Lots of books promise to change your life. This one actually will' Seth Godin, bestselling author of *Purple Cow* Have you always wanted to learn a new language? Play an instrument? Launch a business? What's holding you back from getting started? Are you worried about the time it takes to acquire new skills - time you can't spare? ----- Pick up this book and set aside twenty hours to go from knowing nothing to performing like a pro. That's it. Josh Kaufman, author of international bestseller *The Personal MBA*, has developed a unique approach to mastering anything. Fast. 'After reading this book, you'll be ready to take on any number of skills and make progress on that big project you've been putting off for years' Chris Guillebeau, bestselling author of *Un-F*ck Yourself* 'All that's standing between you and playing the ukulele is your TV time for the next two weeks' Laura Vanderkam, author of *What the Most*

Why You Will Marry the Wrong Person

A collection of essays extended from The New York Times' most-read article of 2016. Anyone we might marry could, of course, be a little bit wrong for us. We don't expect bliss every day. The fault isn't entirely our own; it has to do with the devilish truth that anyone we're liable to meet is going to be rather wrong, in some fascinating way or another, because this is simply what all humans happen to be – including, sadly, ourselves. This collection of essays proposes that we don't need perfection to be happy. So long as we enter our relationships in the right spirit, we have every chance of coping well enough with, and even delighting in, the inevitable and distinctive wrongness that lies in ourselves and our beloveds.

Why We Sleep

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

Start With Why

This inspiring adaptation of Simon Sinek's bestselling Start with Why and Find Your Why will empower teens and young adults to follow their passions as they shape their futures. Start With Why has led millions of readers to rethink everything they do--in their personal lives and in their life's work. Find Your Why has given them more tools to apply those insights. And now Simon Sinek has adapted those two life-changing books for younger readers--teens and young adults who are just beginning to find their paths. Achieving fulfillment starts with understanding exactly WHY we do what we do. This revelatory book explores the importance of finding personal meaning and a purpose that can be a guiding principle through life. It offers plenty of absorbing exercises and action steps to help readers discover their Why, and to find the words to tell other people--parents, teachers, friends--who they really are.

Why We Die

The road to hell is paved with all sorts of intentions, as Oxford private investigator Zoë Boehm discovers when a straightforward jewelry store robbery turns out to be anything but. When Zoë Boehm agrees to track down the gang who knocked over Sweeney's jewelry shop, she's just hoping to break even in time for tax season. She certainly doesn't expect to wind up in a coffin. But she's about to become entangled with a strange collection of characters, starting with suicidal Tim Whitby, who's dedicating what's left of his life to protecting the pretty, battered Katrina Blake from her late husband's sociopathic brothers, Arkle and Trent. Unfortunately for Zoë, Arkle has a crossbow, Tim has nothing left to lose, and even Katrina has her secrets. And death, like taxes, can't be avoided forever.

Last Lecture

The inspiring, life-changing bestseller by the author of LEADERS EAT LAST and TOGETHER IS BETTER In 2009, Simon Sinek started a movement to help people become more inspired at work, and in turn inspire their colleagues and customers. Since then, millions have been touched by the power of his ideas, including more than 28 million who have watched his TED Talk based on Start With Why -- the third most popular TED video of all time. Sinek opens by asking some fundamental questions: Why are some people and organizations more innovative, more influential, and more profitable than others? Why do some command greater loyalty from customers and employees alike? Even among the successful, why are so few able to

repeat their success over and over? Start With Why shows that the leaders who've had the greatest influence in the world--think Martin Luther King Jr., Steve Jobs, and the Wright Brothers--all think, act, and communicate the same way -- and it's the opposite of what everyone else does. Sinek calls this powerful idea 'The Golden Circle,' and it provides a framework upon which organizations can be built, movements can be led, and people can be inspired. And it all starts with WHY.

Start with Why

DIVA successful speculator shares his secrets, showing how to make money through the stock market by using amateur psychology skills and studying crowd reaction to market fluctuations. /div

Why You Win or Lose

Whether it's childhood make-believe, the theater, sports, or even market speculation, play is one of humanity's seemingly purest activities: a form of entertainment and leisure and a chance to explore the world and its possibilities in an imagined environment or construct. But as Roberte Hamayon shows in this book, play has implications that go even further than that. Exploring play's many dimensions, she offers an insightful look at why play has become so ubiquitous across human cultures. Hamayon begins by zeroing in on Mongolia and Siberia, where communities host national holiday games similar to the Olympics. Within these events Hamayon explores the performance of ethical values and local identity, and then she draws her analysis into larger ideas examinations of the spectrum of play activities as they can exist in any culture. She explores facets of play such as learning, interaction, emotion, strategy, luck, and belief, and she emphasizes the crucial ambiguity between fiction and reality that is at the heart of play as a phenomenon. Revealing how consistent and coherent play is, she ultimately shows it as a unique modality of action that serves an invaluable role in the human experience.

Why We Play

In WHY YOU ACT THE WAY YOU DO, Tim LaHaye explains his unique theory of temperament blends and tells how you can improve yourself by identifying your own personality strengths and weaknesses. Learning why you act the way you do will help you in four ways. It will: 1. Advance you in your job and career 2. Enable you to deal with depression and anger. 3. Improve your relationship with your spouse, or help you select your future husband or wife. 4. Identify for you the specific spiritual gifts God has given you. Even if you've never before read about personality and temperament, Why You Act the Way you Do will help you discover your unique potential in your job, your marriage, and your church.

Why You Act the Way You Do

Constant exchange of information is integral to our societies. The author explores how this came into being. Presenting language evolution as a natural history of conversation, he sheds light on the emergence of communication in the hominine congregations, as well as on the human nature.

Why We Talk

Asking is more than a skill—it's a lifestyle The Ask is your personal manual for building the best, most fulfilling personal and professional life possible. Crafting the perfect ask can fund your new business, support your favorite charity, and get more quality time with your significant other—but it can do so much more than that. It can change your life. In learning how to ask for what you really want and deserve, you lose your fear of rejection and judgement. You create the greatest sense of self-worth that no one can give you, you give it to yourself when you ask. The critical moment is when you turn your skills inward and make the hardest asks, the ones you ask yourself. This book is designed to make you an Exceptional Asker, and in the process,

give you the confidence and skills you need to achieve all your goals and realize your dreams. You'll learn how to prepare, what words to use, what to avoid, and how to follow up, and you'll purge the natural hesitancy that has been holding you back for so long. Asking is about empowerment. It shows the world that what you want matters. It defines who you are, where you're going, and who will be by your side. This book provides over 175 sample asks, with clear actionable steps to help you claim your space in relationships, at work, and in the world. Rewrite your own rulebook and find empowerment in asking Learn the simple five steps to craft the perfect ask Discover the secret of the ask – it's two sentences and a question Remove your Money Blockers and turn a bad ask into a win Conquer the hardest asks you'll ever make—the ones you ask yourself Mastering the art of the ask reconfigures your approach to life, and changes the way you tackle challenges and goals. The Ask gives you the skills—and the mindset—you need to accomplish anything you can dream.

The Ask

Best-selling novelist and non-fiction writer Lee Gruenfeld has been entertaining the triathlon world with hilarious essays, in-depth profiles and insightful observations for more than a decade. Now his best writings have been collected into a single volume that will let long-time fans relive their favorite pieces while introducing new readers to his unique voice. Anyone who likes sports – any sports – and great writing will love this collection of amusing, penetrating, and often totally off-the-wall observations.

Stumbling Towards The Finish Line

This book gives a vivid picture on the need for the unionism between purpose and vision. It describes purpose as the man and vision as the woman, and the fact that they need to cooperatively bring forth ambition and dream in order for the subject to realize success as well as have achievement. Thus, it brings to the notice of the readers the role of accompaniment as well as assistance of vision to purpose in the life of the subject who has them, to enable him to freely and easily be successful.

Vision: The Wife Of Purpose

Key insights into birth order help readers understand themselves and improve their marriage, parenting, and career skills.

The Birth Order Book

With over 132 practice tips and more than 100 illustrations, reading this guide is like having a personal shooting coach. This huge technical book teaches techniques of professional trap shooting; singles, handicap and double trap.

The Cornhill Magazine

'If you want to be inspired to build more sustainable organizations, Deep Purpose should be your next read' Arianna Huffington, Founder & CEO, Thrive Global 'Insightful, practical, and timely' Adam Grant, #1 New York Times bestselling author of Think Again and host of the TED podcast WorkLife 'Deep Purpose points to the conversations we must have right now about how to redefine the role of business in society, restore trust, and enhance our license to operate ... Highly recommended' Paul Polman, former CEO, Unilever Included in the Thinkers50 Best New Management Books for 2022 ----- Distinguished Harvard Business School professor Ranjay Gulati takes readers inside some of the world's most purposeful companies to understand the secrets to their success Few business topics have aroused more skepticism in recent years than the notion of corporate purpose, and for good reason. Too many companies deploy purpose as a promotional vehicle to make themselves feel virtuous and to look good to the outside world. Some have only

foggy ideas about what purpose is and conflate it with strategy and other concepts like 'mission', 'vision' and 'values'. Even well-intentioned leaders don't understand purpose's full potential and engage with it half-heartedly and superficially. Having conducted extensive field research and interviewed leadership at purpose-oriented companies including Etsy, Lego and Microsoft, Ranjay Gulati reveals the fatal mistakes leaders unwittingly make when attempting to implement a reason for being. Moreover, he shows how companies can embed purpose much more deeply, delivering impressive performance benefits that reward customers, suppliers, employees, shareholders and communities alike. To get this right, leaders must fundamentally change not only how they execute purpose but also how they conceive of and relate to it. They must practice what Gulati calls deep purpose, furthering each organisation's reason for being more intensely, thoughtfully and comprehensively than ever before. As he argues, a deeper engagement with purpose can serve as a radically new operating system, enhancing performance while also delivering meaningful benefits to society. It's the kind of inspired thinking that businesses - and the rest of us - urgently need. ----- 'Purpose isn't a \"nice-to-have\" in the business world anymore. It's a \"must-have\". This comprehensive guide breaks down why cultivating purpose isn't just the right thing for businesses to do - it's the smart thing too.' Carmine Di Sibio, Global Chairman and CEO, EY 'Many leaders today strive to align purpose with financial success, but only a few succeed. Gulati analyzes the tough challenges that leaders everywhere must address if they are to save the planet while also delivering strong profits.' Toshiaki Higashihara, Executive Chairman & CEO, Hitachi, Ltd.

Trap Shooting Secrets

101 Reasons Why I Love You! is comprised of unique and creative reasons why someone falls truly in love with one another. The reasons contained in this book would be suitable for any true and loving relationship.

Deep Purpose

100 Reasons why I LOVE you book Use the look inside feature (Amazon website users) or see the back cover image (Mobile users app) to see the wonderful interior of this beautiful book. The book contains 52 pages with 100 prompts you can fill to show your loved one why and how much you care for them. Each page contains two prompts you can answer and this book can serve as a beautiful memory for both of you. Just imagine the look on their face when you give it to them. This book is exclusively designed by Reasons Why I Love You Collection Books and it is shipped fast by Amazon. Click 'Add to Cart' to get this wonderful book for your loved one now.

Red Book

An entertaining illumination of the stupid beliefs that make us feel wise, based on the popular blog of the same name. Whether you're deciding which smartphone to purchase or which politician to believe, you think you are a rational being whose every decision is based on cool, detached logic. But here's the truth: You are not so smart. You're just as deluded as the rest of us—but that's okay, because being deluded is part of being human. Growing out of David McRaney's popular blog, You Are Not So Smart reveals that every decision we make, every thought we contemplate, and every emotion we feel comes with a story we tell ourselves to explain them. But often these stories aren't true. Each short chapter—covering topics such as Learned Helplessness, Selling Out, and the Illusion of Transparency—is like a psychology course with all the boring parts taken out. Bringing together popular science and psychology with humor and wit, You Are Not So Smart is a celebration of our irrational, thoroughly human behavior.

101 Reasons Why I Love You!

_____ A pocket-sized, unmissable essay on the importance of children's literature by the bestselling and award-winning author, Katherine Rundell. _____ 'It's a very short book but it packs a real punch... A real delight' - Financial Times 'Rundell is the real deal, a writer of boundless gifts and

extraordinary imaginative power whose novels will be read, cherished and reread long after most so-called "serious" novels are forgotten' - Observer 'Rundell's pen is gold-tipped' - Sunday Times _____
Katherine Rundell – Fellow of All Souls College, Oxford, and prize-winning author of five novels for children – explores how children's books ignite, and can re-ignite, the imagination; how children's fiction, with its unabashed emotion and playfulness, can awaken old hungers and create new perspectives on the world. This delightful and persuasive essay is for adult readers.

100 Reasons why I LOVE You

C# is undeniably one of the most versatile programming languages available to engineers today. With this comprehensive guide, you'll learn just how powerful the combination of C# and .NET can be. Author Ian Griffiths guides you through C# 8.0 fundamentals and techniques for building cloud, web, and desktop applications. Designed for experienced programmers, this book provides many code examples to help you work with the nuts and bolts of C#, such as generics, LINQ, and asynchronous programming features. You'll get up to speed on .NET Core and the latest C# 8.0 additions, including asynchronous streams, nullable references, pattern matching, default interface implementation, ranges and new indexing syntax, and changes in the .NET tool chain. Discover how C# supports fundamental coding features, such as classes, other custom types, collections, and error handling Learn how to write high-performance memory-efficient code with .NET Core's Span and Memory types Query and process diverse data sources, such as in-memory object models, databases, data streams, and XML documents with LINQ Use .NET's multithreading features to exploit your computer's parallel processing capabilities Learn how asynchronous language features can help improve application responsiveness and scalability

You Are Not So Smart

In this groundbreaking book -- the first popular book on narcissism in more than a decade -- clinical social worker and psychotherapist Sandy Hotchkiss shows you how to cope with controlling, egotistical people who are incapable of the fundamental give-and-take that sustains healthy relationships. Exploring how individuals come to have this shortcoming, why you get drawn into their perilous orbit, and what you can do to break free, Hotchkiss describes the "\"Seven Deadly Sins of Narcissism\"" and their origins. You will learn to recognize these hallmarks of unhealthy narcissism -- Shamelessness, Magical Thinking, Arrogance, Envy, Entitlement, Exploitation, Bad Boundaries -- and to understand the roles that parenting and culture play in their creation. Whether the narcissist in question is a coworker, spouse, parent, or child, *Why Is It Always About You?* provides abundant practical advice for anyone struggling to break narcissism's insidious spread to the next generation, and for anyone who encounters narcissists in everyday life.

Why You Should Read Children's Books, Even Though You Are So Old and Wise

Filled with inspirational quotes, this richly illustrated fable tells the story of three kids who go on a journey to a new playground and take a stand for what they believe. The story is a metaphor for anyone looking to make a change or wondering how to pursue their dreams. And the message is simple: relationships -- real, human relationships -- really, really matter. The stronger our relationships, the stronger the bonds of trust and cooperation, the more we can accomplish and the more joy and fulfillment we get from our work and personal lives. The three heroes are archetypes who represent us all at various points in our lives. Their main challenge is the same one we face every day: How can we find the things we're looking for? According to Sinek, if we each do our part to help advance a shared vision, we can build the world we imagine.

Programming C# 8.0

This is a 'TOP SECRET DOCUMENT' that very few will understand. You have to be a Real RiskTaker to See it. Will you Take The Risk to find out? Have Fun Deciding!!! www.DuaneTheGreatWriter.info

New York Superior Court, General Term

“In this factual feast, neuroscientist Rachel Herz probes humanity’s fiendishly complex relationship with food.” —Nature How is personality correlated with preference for sweet or bitter foods? What genres of music best enhance the taste of red wine? With clear and compelling explanations of the latest research, Rachel Herz explores these questions and more in this lively book. *Why You Eat What You Eat* untangles the sensory, psychological, and physiological factors behind our eating habits, pointing us to a happier and healthier way of engaging with our meals.

Why Is It Always About You?

Together is Better

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