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"Dr. Robert Lustig examines our culture of illness, an

industry-created fog that, despite our best efforts to cope,

has left us stressed, isolated, addicted, and depressed. With

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the science of mind, brain, and love in a delightful,

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The Hacking of the American Mind: The Science Behind the

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The Hacking of the American Mind\_ is a provocative title, but it is accurate. There isn't a single external culprit, but a number that target a specific brain pathway. Dr. Lustig makes the point that it is a fight between dopamine and serotonin. In our instant gratification world the overdoses on sugar, dopamine wins.

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Ashley Mason Interviews Dr. Robert Lustig and Discusses The Hacking of the American Mind The New York Times —bestselling author of Fat Chance reveals the corporate scheme to sell pleasure, driving the international epidemic of addiction, depression, and chronic disease.

~~Hacking the American Mind | Robert Lustig Website~~

"Dr. Robert Lustig examines our culture of illness, an industry-created fog that, despite our best efforts to cope, has left us stressed, isolated, addicted, and depressed. With The Hacking of the American Mind, he empowers us with the science of mind, brain, and love in a delightful, insightful, and humorous way. You can live by pursuing pleasure, sugar-coated as 'happiness,' or you can read this book."

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No foreign power was able to disrupt the American vote, either by hacking into election systems or spreading vast amounts of disinformation.

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Preview — The Hacking of the American Mind by Robert H. Lustig. The Hacking of the American Mind Quotes Showing 1-17 of 17. “ If you don ’ t know how to cook, you ’ re hostage to the food industry for the rest of your life and unwittingly will pass this on to your children. ” .

~~The Hacking of the American Mind Quotes by Robert H. Lustig~~  
In the last 40 years, government legislation and subsidies have promoted ever-available temptation (sugar, drugs, social media, porn) combined with constant stress (work, home, money, Internet), with the end result of an

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The Hacking of the American Mind: The Science Behind the Corporate Takeover of Our Bodies and Brains was published in September 2017. Written by Dr. Robert Lustig, it is his second attempt to keep his readers from succumbing to the pleasures of sugar, while also detailing his theory as to how America came to be in its current unhappy, drug-addicted, depressed state.

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Steven M. Bass and executive producer, David Davis.

Hacking Your Mind | PBS

American ingenuity: Why the U.S. has the best hackers The United States is No. 1 at hacking, mainly because we're always pushing the limits of what can be done.

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Nothing is more singularly significant in American government than the ritual of voting; if the electorate were to lose confidence in the integrity of our elections, it would be a tragedy. Yet, since allegations of hacking and manipulation surfaced during the 2016 election, just how much value a vote has in our system has been in doubt.

~~Hacking American Elections: Why We're Vulnerable and How...~~

The Great Hack is a 2019 documentary film about the Facebook–Cambridge Analytica data scandal, produced and directed by Jehane Noujaim and Karim Amer, both previous documentary Academy Award nominees. The film's music was composed by Emmy-nominated film composer Gil Talmi. The Great Hack premiered at the 2019 Sundance Film Festival in the Documentary Premieres section and was released by Netflix on July 24, 2019. The documentary focuses on Professor David Carroll of Parsons and The New ...

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