

CONVERSATIONS UNLIMITED - Monday, March 24, 1986

INTRO UP AND UNDER

Hi, everybody. It is said that all of us eat to live, but that some of us live to eat. No matter which way describes you, you must admit that eating -- and sometimes drinking -- are important: to your health, to your lifestyle and, yes, to your very life.

Today we'll be talking with Dr. Alexandra W. Logue, author of the new book, "The Psychology of Eating and Drinking." Dr. Logue is ^{associate} professor of psychology at the State University of New York at Stony Brook. Dr. Logue, the publisher, W. H. Freeman and Company, calls your book the first "full-scale and comprehensive examination of eating and drinking behaviors." It's that last word -- behaviors -- that interests me. How do you define it in this context?

INTERVIEW DR. LOGUE:

Environmental impacts on behavior

Hereditary influences on behavior

The book talks about "species" and differences: explain

Cover overeating and overdrinking (obesity)

Cover undereating (anorexia, bulimia)

Aversions + preferences

14:00

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Guests Psych

We'll take a short break here and return in a moment to talk some more about the psychology of eating and drinking with Professor Alexandra Logue. Please stay with us.

BRIDGE MUSIC UP AND UNDER

Hi. I'm Al Oickle. With me at the State University of New York at Stony Brook is Dr. Alexandra Logue, author of the new book, "The Psychology of Eating and Drinking." We've been talking about the human conditions, or behavior patterns,

^{Two} ~~that~~ are known as obesity and anorexia. I'm wondering, Dr. Logue: is there a feeding pattern that can be called normal?

INTERVIEW DR. LOGUE:

How do taste and smell influence our eating habits?

What factors determine how much we consume?

Diets and their influence by attitudes

Alcohol use and abuse

(winning fasting)

Can people recognize their own problems and act on them?

What help is available? Where?

About the book and its writing...

29:00

OUTRO

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