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To Love – Why We Get Hooked And How We Can  
Break Bad Habits By Judson Brewer, Jon Kabat-Zinn  
Ph.D.**

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Dr. Judson Brewer is a thought leader in the field of habit change and the “science of He is the author of The Craving Mind: from cigarettes to smartphones to love, why we get hooked and how we can break bad habits.

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Judson Brewer MD PhD is a thought leader in the field of habit change and the “science of mindfulness for eating, smoking and other behavior change into the hands of consumers. He is the author of The Craving Mind: from cigarettes to smartphones to love, why we get hooked and how we can break bad habits (New

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The Craving Mind: How We Use the Power of the Mind to Break Bad Habits, by Judson Brewer, MD, Ph.D.

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Before we commence with the festivities, I just wanted to let you know my first He's also the author of The Craving Mind: From Cigarettes to Smartphones to Love – Why We Get Hooked and How We Can Break Bad Habits.

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I was very pleased to get the chance to talk to Judson Brewer, because his new book will hit the shelves -- The Craving Mind: From Cigarettes to Smartphones to Love, Why We Get Hooked and How We Can Break Bad Habits. much of our lives – from smartphones to romantic love to getting caught up

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BBC, among others. He is the author of The Craving Mind: From Cigarettes to Smartphones to Love, Why We Get Hooked and How We Can Break Bad Habits.

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