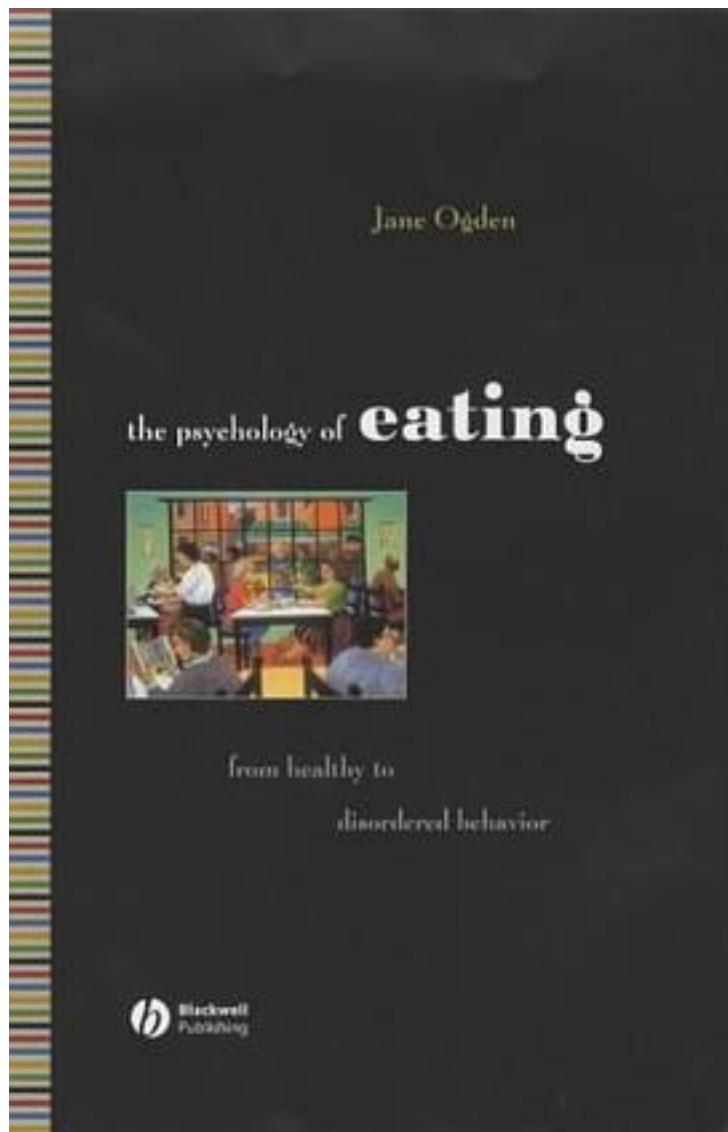


The Psychology of Eating



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Why do we eat what we eat? Why do so many people diet? Why are food and weight the center of so many problems? *The Psychology of Eating* presents a lively and detailed overview of this broad field. Integrating psychological knowledge with insights from a variety of disciplines including sociology and medicine, this book explores a wide range of eating-related behavior, including the nature of a healthy diet, weight concern, and the causes and treatment of obesity and eating disorders. Written in an accessible manner, *The Psychology of Eating* is an essential guide for general readers, students, teachers, and researchers who wish to expand their understanding of eating-related behavior.

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