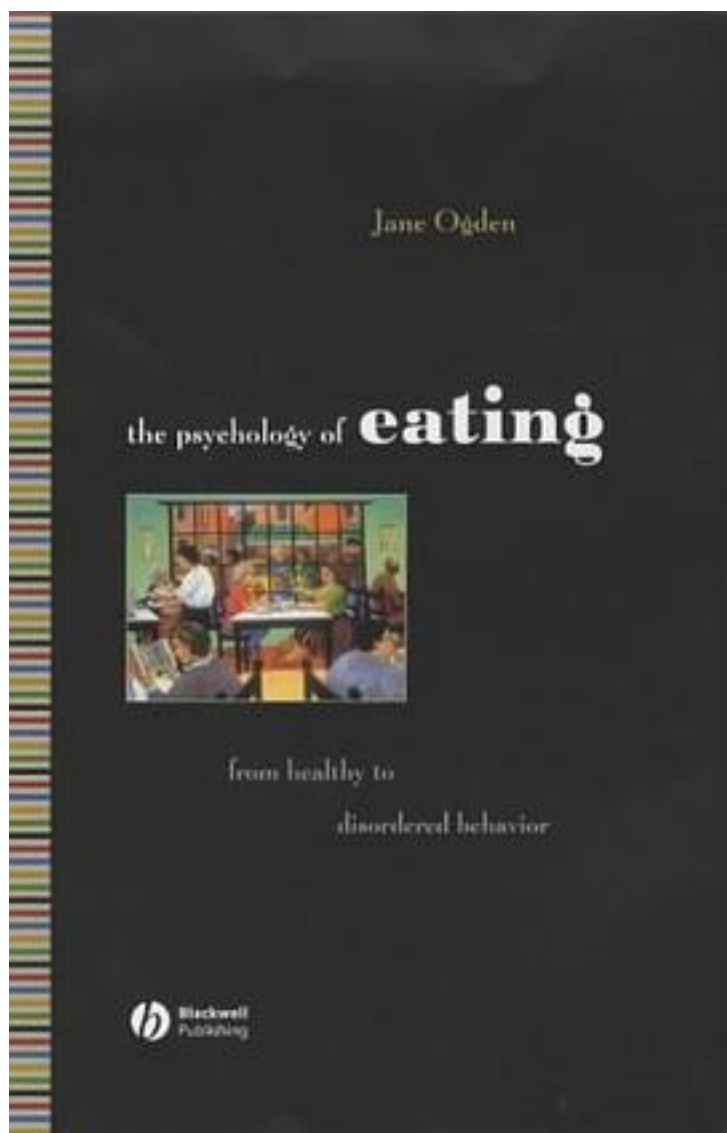


The Psychology of Eating



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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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