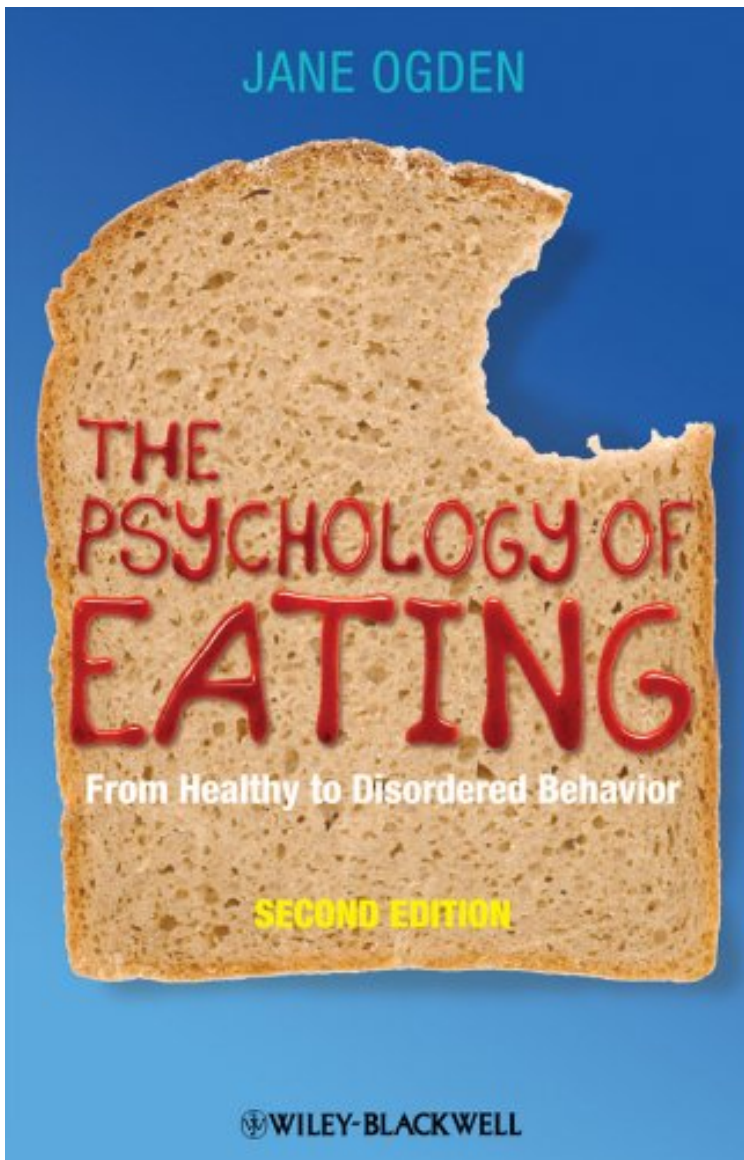


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# The Psychology of Eating: From Healthy to Disordered Behavior



*Par Jane Ogden*  
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Prsentation de l'diteurWith its primary focus on the psychology of eating from a social, health, and clinical perspective, the second edition of The Psychology of Eating: From Healthy to Disordered Behavior presents an overview of the latest research into a wide range of eating-related behaviors Features the most up-to-date research relating to eating behavior Integrates psychological knowledge with several other disciplines Written in a lively, accessible style Supplemented with illustrations and maps to make literature more approachable Revue de presse"A highly respected scholar, Ogden (health psychology, Univ. of Surrey, UK)

has done a masterful job of updating the book and, more important, integrating the interdisciplinary research findings into a broadbased framework. Accordingly, this is the most comprehensive treatment of the subject currently available...Ogdens writing style is engaging, and her model of diet creative and useful. Including 62 pages of scholarly references, this comprehensive volume offers a feast of information. Summing Up: Highly recommended." (Choice, 1 May 2011) Overall this book provides an interesting insight into the psychology of eating and should be a useful resource for those who work in the field of nutrition and dietetics, particularly those who work in weight loss, obesity treatment or the treatment of eating disorders. It should also be a useful read for anyone who wants to understand more about why we eat what we eat, and why many have eating habits/behaviours that may not always be good for their health. ( Nutrition Bulletin, June 2010)Prsentation de l'diteurWith its primary focus on the psychology of eating from a social, health, and clinical perspective, the second edition of *The Psychology of Eating: From Healthy to Disordered Behavior* presents an overview of the latest research into a wide range of eating-related behaviors Features the most up-to-date research relating to eating behavior Integrates psychological knowledge with several other disciplines Written in a lively, accessible style Supplemented with illustrations and maps to make literature more approachable