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ISBN	1-283-34335-5 9786613343352 0-335-23940-4
Descrizione fisica	1 online resource (xii, 226 p.)
Disciplina	616.8526
Soggetti	Eating disorders Food habits
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1. Introduction : widely held assumptions and methods -- 2. The energy demands of the brain : central mechanisms of eating -- 3. Storage and digestion : peripheral mechanisms of eating -- 4. Learning about food : developmental aspects of eating behaviour -- 5. Choosing between foods : cognitive aspects of eating behaviour -- 6. The effect of others : social aspects of eating behaviour -- 7. Getting inside people's heads : restraint, emotional eating, disinhibition and their combined effects -- 8. Dealing with obesity : dieting and drugs -- 9. When eating behaviour goes wrong : anorexia nervosa, bulimia nervosa and eating disorders not otherwise specified -- 10. Tying up loose ends : towards a combined theory of eating behaviour.
Sommario/riassunto	This book is essential reading for psychology and health psychology students, those taking eating behaviour modules, and eating behaviour and disorders courses. It is also valuable reading for nutritionists, food scientists, occupational therapists and medical students.