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Sommario/riassunto

The research contained in this valuable compendium offers a much-needed perspective on one of the most dangerous health crises our world faces today: obesity. Obesity has become an epidemic, a fact frequently discussed in the media, with many references to both childhood and adult obesity. These discussions, however, overlook an important demographic: the adolescent who is obese or overweight. The authors offer critical insights into the forces and factors that result in the numerous metabolic and psychological consequences of adolescent obesity. The book delves into the prevalence, causes and
