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The prevalence of obesity has now reached such proportions that in many parts of the world it is one of the most dominant health problems. Obesity leads to a number of serious diseases such as type 2 diabetes, cardiovascular disease, hypertension, stroke and cancer as well as psychological problems and a poor quality of life. Obesity research is now very active and understanding of the disease has greatly increased. The International Textbook of Obesity offers a definitive coverage of the area looking at epidemiology, causes, current research and management. * Gives an up to date account of the field * Edited by a leading expert in the area * Contributions from an impressive array of authors including many from young researchers giving new perspectives on the issues. This will be a lasting reference for a wide range of academic and professional health care workers, including obesity research specialists, diabetologists, nutritionists, practicing physicians and endocrinologists.