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Titolo	The obesity reality : a comprehensive approach to a growing problem / / Naheed Ali
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ISBN	979-82-16-29176-3 1-280-65745-6 9786613634382 1-4422-1448-1
Edizione	[1st ed.]
Descrizione fisica	1 online resource (351 p.)
Disciplina	616.3/98
Soggetti	Obesity
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	Understanding obesity -- The diagnosis -- Causes and symptoms -- Treatment -- Obesity in America -- Worldwide obesity -- Childhood obesity -- Mental health -- Blame and guilt -- The economics -- The art of exercise -- Finding motivation.
Sommario/riassunto	Although every day we read news reports linking health problems to diet and lifestyle, there remains a dearth of books on the topic that consider obesity from a variety of standpoints that include medical, personal, financial, and related considerations. The Obesity Reality discusses these viewpoints to explain how and why the problem exists both in the United States and around the world, and in men, women, children. More than a billion people are overweight