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Titolo	The overweight patient : a psychological approach to understanding and working with obesity / / Kathy Leach
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Nota di contenuto	COVER; The Overweight Patient; Contents; ACKNOWLEDGEMENTS; INTRODUCTION; 1 Obesity and Therapy; 2 Cultural and Parent Influences on Decisions Regarding Weight; 3 Clinical Considerations in Working with the Overweight Patient; 4 Losing Weight, Maintaining Loss and Regaining Weight; 5 Inquiry and Diagnosis; 6 Ego States; 7 The Parent Ego State; 8 The Child Ego State; 9 The Adult Ego State; 10 Psychological Hungers; 11 Games; 12 The Creation of the Body and Eating Functions as Defence Structures; GLOSSARY OF CLINICAL AND TRANSACTIONAL ANALYSIS TERMS; REFERENCES; RECOMMENDED READING; SUBJECT INDEX; AUTHOR INDEX
Sommario/riassunto	The book explores the underlying beliefs and behaviours that may contribute to obesity, including psychological needs, addiction, fear of deprivation, parental influences and sexual fears. The author draws a useful distinction between the need to eat and the need to maintain a large body size, and addresses both LT obesity and ST weight gain.

