



Obesity 101 (Psych 101)

Lauren Rossen PhD, Eric Rossen PhD

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This resource is an exciting new book that features a balanced perspective about one of the most talked about topics of this time...it would be a great resource for those who are interested in joining the fight to eradicate obesity and obesity-related consequences."--**Journal of Nutrition Education and Behavior**

Lauren and Eric Rossen offer a well articulated account of the growing obesity epidemic in today's society in an engaging, easily understood, and witty manner. This comprehensive volume should serve as an essential resource for researchers, clinicians, students, and the general public interested in the fundamental understanding, assessment, treatment, and prevention of obesity."

Jason P. A. Gallant, Ph.D.

Chief Psychologist

Boys Town Central Florida Behavioral Health Clinic

Although research on obesity has accelerated over the past decade, the proportion of Americans considered obese has not declined. In order to address this critical public health challenge, obesity research has recently shifted from focusing purely on individual causes to viewing individuals within their "obesogenic" or living environments. Encompassing both schools of thought, *Obesity 101* is the first volume to offer a broad and balanced perspective on the complex factors that influence obesity.

The text combines current research from multiple perspectives to provide an introductory-level, reader-friendly overview of the history, causes, prevalence, consequences, treatments, and future trends in the prevention of obesity. It integrates research from a vast range of disciplines in the biological and social sciences, as well as education and economics. The text explores the gamut of current treatments for obesity, in addition to prevention programs in schools, the workplace, the community, and the arena of public policy, and offers an assessment of their efficacy. Since obesity is a burgeoning problem in the developing world, as well as having already reached epidemic proportions in many developed nations, the book also discusses international trends.

Key Features:

- Brings together the most current obesity research from a variety of disciplines
- Provides a balanced review of one of today's most controversial health issues
- Discusses the various medical, psychological, social, educational, and occupational consequences of obesity for children and adults
- Reviews the effectiveness of prevention and treatment programs, as well as interventions
- Accessible, conversational writing style designed for use by undergraduate and graduate students, in addition to professionals across many disciplines

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From reader reviews:

Anthony Russell:

This Obesity 101 (Psych 101) book is just not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is usually information inside this reserve incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. This kind of Obesity 101 (Psych 101) without we know teach the one who examining it become critical in pondering and analyzing. Don't always be worry Obesity 101 (Psych 101) can bring whenever you are and not make your bag space or bookshelves' turn into full because you can have it inside your lovely laptop even cellphone. This Obesity 101 (Psych 101) having fine arrangement in word in addition to layout, so you will not sense uninterested in reading.

Derek Winter:

The book Obesity 101 (Psych 101) has a lot of information on it. So when you read this book you can get a lot of advantage. The book was compiled by the very famous author. The author makes some research ahead of write this book. This specific book very easy to read you can get the point easily after scanning this book.

Joyce Murphy:

This Obesity 101 (Psych 101) is great guide for you because the content that is certainly full of information for you who all always deal with world and also have to make decision every minute. This kind of book reveal it facts accurately using great manage word or we can claim no rambling sentences included. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but challenging core information with beautiful delivering sentences. Having Obesity 101 (Psych 101) in your hand like keeping the world in your arm, info in it is not ridiculous one. We can say that no e-book that offer you world inside ten or fifteen minute right but this publication already do that. So , this is certainly good reading book. Heya Mr. and Mrs. busy do you still doubt that will?

Arlene Farrar:

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