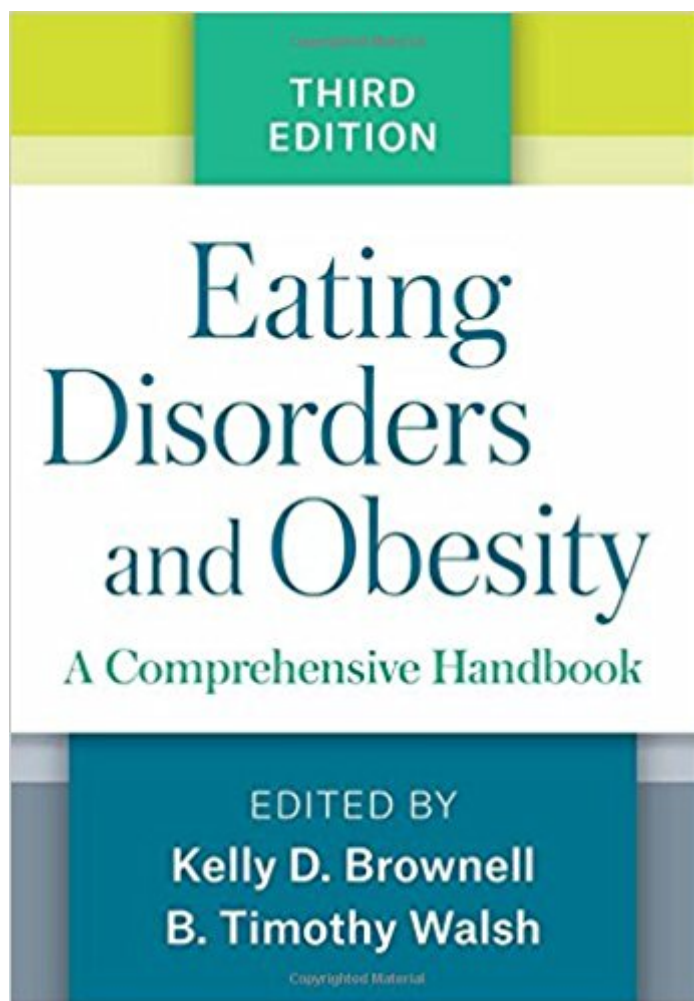


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# Eating Disorders And Obesity, Third Edition: A Comprehensive Handbook



## Synopsis

Acclaimed for its encyclopedic coverage, this is the only handbook that synthesizes current knowledge and clinical practices in the fields of both eating disorders and obesity. Like the prior editions, the significantly revised third edition features more than 100 concise, focused chapters with lists of key readings in place of extended references. All aspects of eating disorders and obesity are addressed by foremost clinical researchers: classification, causes, consequences, risk factors, and pathophysiology, as well as prevention, treatment, assessment, and diagnosis. **~ ~ New to This Edition** \*Reflects 15 years of important advances in both fields, including state-of-the-art intervention approaches and a growing focus on how the brain regulates eating behavior. \*Dozens of entirely new chapters. \*New topics: epigenetics, body weight and neurocognitive function, stress and emotion regulation, the gut microbiome, surgical devices for obesity, food labeling and marketing, and more. \*Expanded coverage of prevention and policy.

## Book Information

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## Customer Reviews

"Although the fields of obesity and eating disorders still sit side by side with only tentative tendrils combining them, this handbook, over subsequent editions, is helping to foster needed integration. The brief, easily read chapters in the third edition provide an up-to-date and comprehensive survey of both fields."--W. Stewart Agras, MD, Department of Psychiatry and Behavioral Sciences (Emeritus), Stanford University School of Medicine **~ ~** "This thoroughly updated handbook once again assembles a world-class roster of authors to cover the state of the science in eating and

weight disorders. The third edition features important new discoveries across a broad disciplinary spectrum. Grounded in research and offering well-selected recommendations for follow-up reading, this is a valuable text for courses in eating disorders, obesity, and behavioral health (to name a few). Written in clear and compelling prose, the book is a ‘must read’ for anyone who wants to understand and find practical solutions to the challenges and suffering that arise from eating and weight disorders.

—Ruth Striegel Weissman, PhD, Walter A. Crowell University Professor of the Social Sciences, Wesleyan University "An exceptionally well-crafted work. The fields addressed are covered broadly and deeply, yet surprisingly succinctly—a remarkable amount of material is packed into these pages. The third edition has been updated and expanded considerably, and covers developing areas of growing importance, as well as clinical and research questions that are often overlooked. The authors are the leaders in their disciplines, often the primary contributors in each field. This handbook will remain a central text for many years; I highly recommend it for practitioners, researchers, and students in various clinical and basic science fields."—James E. Mitchell, MD, The Lee A. Christoferson Chair in Neuroscience Research and Chester Fritz Distinguished University Professor, University of North Dakota School of Medicine and Health Sciences "This authoritative work examines multiple rapidly evolving facets of a highly complex area. The volume takes a ‘deep dive’ into the concepts and latest developments pertaining to understanding and treatment of eating disorders and obesity, including advances across medical disciplines and the behavioral sciences. It is a ‘must have’ for students and clinicians."—Louis J. Aronne, MD, FACP, DABOM, Sanford I. Weill Professor of Metabolic Research, Weill Cornell College of Medicine; Chairman, American Board of Obesity Medicine

—“This book assembles world-class authors to cover the state of science in eating and weight disorders providing an up-to-date and comprehensive review of these fields. This [third] edition has added dozens of new chapters and authors to reflect the advances in state-of-the-art treatments over the past 15 years. It is an authoritative work and a central book for a rapidly evolving and complicated field. \*\*\*\*\*! (Doody’s Review Service 2017-04-14)"This handbook is an excellent resource for clinicians and researchers. It serves as an encyclopedia of current knowledge on everything having to do with eating disorders and obesity." (on the second edition) (Cognitive Therapy Today 2003-10-01)"This tome is truly comprehensive and certainly will serve as a handbook for clinicians and researchers for many years to come. The breadth of topics covered in this volume guarantees that it will be the book to be consulted when a question on any issue in eating disorders or obesity is raised by a student, a client, or another professional....Eating Disorders and Obesity is the book that Academy members

will likely turn to often for reference, since it addresses virtually every topic in the fields of eating disorders and obesity. I would strongly urge all AED members to add this one to their bookshelf." (on the second edition) (Academy for Eating Disorders Newsletter 2003-03-01) "An astonishingly comprehensive work, and one that efficiently facilitates the search for further information should more in-depth knowledge be required. The brevity of each chapter makes it highly readable, and the eminence of the contributors gives the reader great confidence in the accuracy of the information." (on the second edition) (Nutrition Bulletin 2002-09-01) "A book that should be one of the main resources for anyone who has to deal with patients with eating disorders or obesity.... This book should be required reading for all medical students, who will soon be dealing with patients with all of these eating disorders in their many disguises. It is also a wonderful quick reference book for anyone treating patients with eating disorders because the chapters are well written, short, and to the point. Each chapter is limited to specific aspects of each disorder, so one can easily find the relevant information they are seeking." (on the second edition) (Psychosomatics 2002-11-30) "The term handbook is commonly misused in science and health. Attracted by books claiming to be both practical and comprehensive, the all too frequent result is disappointment. This handbook is an exception.... Breadth of coverage is what makes this special, together with a genuine interest in bringing together two clinical fields that remain apart, occasionally in conflict. This is a book that will make many journeys from my bookshelf to desk. And I recommend it to anyone with an interest in obesity or eating disorders, student or professor, who is curious to find out about what lies beyond their own specialty." (on the second edition) (International Association for the Study of Obesity Newsletter 2002-01-01) "This scholarly synthesis of knowledge reflects high-quality writing and editorial work, and is a must-have for researchers and academics and for clinicians involved in the care of clients with eating disorders and/or obesity." (on the second edition) (Journal of Addiction and Mental Health 2002-02-01)

Kelly D. Brownell, PhD, is Dean of the Sanford School of Public Policy at Duke University, where he is also Robert L. Flowers Professor of Public Policy and Professor of Psychology and Neuroscience. Prior to joining the faculty at Duke, Dr. Brownell was the James Rowland Angell Professor of Psychology, Professor of Epidemiology and Public Health, and Director of the Rudd Center for Food Policy and Obesity at Yale University. His work focuses on obesity and food policy. Dr. Brownell has been named to the National Academy of Medicine (Institute of Medicine); has received numerous awards, including the Lifetime Achievement Award from the American Psychological Association; and in 2006 was named by Time magazine as one of the World's 100 Most Influential

People.     B. Timothy Walsh, MD, is Ruane Professor of Pediatric Psychopharmacology at the College of Physicians and Surgeons of Columbia University and Director of the Division of Clinical Therapeutics at the New York State Psychiatric Institute. The clinical research group he founded and has led at Columbia has conducted studies of the etiology and treatment of eating disorders, with a particular focus on underlying pathophysiological mechanisms. Dr. Walsh has served as president of the Academy for Eating Disorders and of the Eating Disorders Research Society, and chaired the Eating Disorders Work Group for DSM-IV and DSM-5. He has received awards from the American Psychiatric Association, the Academy for Eating Disorders, the National Eating Disorders Association, and the Association for Behavioral and Cognitive Therapies.    

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