



The Psychology of Eating: From Healthy to Disordered Behavior

Jane Ogden

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With its primary focus on the psychology of eating from a social, health, and clinical perspective, the second edition of *The Psychology of Eating: From Healthy to Disordered Behavior* presents an overview of the latest research into a wide range of eating-related behaviors

- Features the most up-to-date research relating to eating behavior
- Integrates psychological knowledge with several other disciplines
- Written in a lively, accessible style
- Supplemented with illustrations and maps to make literature more approachable

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