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# DIETING, OVERWEIGHT, AND OBESITY: SELF-REGULATION IN A FOOD-RICH ENVIRONMENT

## Dieting, Overweight, and Obesity

Self-Regulation in a Food-Rich Environment

Wolfgang Stroebe



American Psychological Association. Hardback. Book Condition: new. BRAND NEW, Dieting, Overweight, and Obesity: Self-Regulation in a Food-Rich Environment, Wolfgang Stroebe, Dieting, Overweight, and Obesity: Self-Regulation in a Food-Rich Environment examines why self-regulation of weight is so difficult for many people. The author explains the history of bodyweight standards, details the emotional and physical consequences of being overweight, and explores the various treatment and prevention plans for obesity. In reviewing the numerous psychological theories that explain people's problems with weight, Stroebe points...

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- Authored by Wolfgang Stroebe
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