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Textbook of Obesity is designed to cover all of the essential elements concerning the etiology, prevention and treatment of obesity suitable for students in nutrition, dietetics and health science courses. Providing core knowledge for students is an essential and urgent requirement to ensure that those graduating will be properly equipped to deal with the high prevalence of overweight and obesity, currently affecting almost two-thirds of the population of the USA and with prevalence in much of the rest of the world rapidly catching up. This landmark text is organized into 5 parts comprising 27 chapters, each carefully written in a user-friendly style by experts in the area. Part I helps the reader to understand the scope and complexity of the problem of obesity. Part II focuses on obesity etiology. Part III examines the health consequences of obesity for both children and adults. Part IV discusses the challenge of assessing obesity in humans and offers insights into community factors that influence the risk of obesity. Finally, Part V dedicates 13 chapters to a discussion of a wide variety of

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obesity prevention and treatment interventions that are currently in use. Textbook of Obesity is an essential purchase for students and the many health professionals dealing with obesity on a day-to-day basis. A dedicated companion website features an extensive bank of questions and answers for readers to test their understanding, and all of the book ' s illustrations for instructors to download: [www.wiley.com/go/akabas/obesity](http://www.wiley.com/go/akabas/obesity)

In recent decades, we have seen five perilous and interlocking trends dominate global discourse: irreversible climate change, extreme food and water shortages, rising chronic illnesses, and rampant obesity. Why can't we make any progress in counteracting these problems despite vast expenditures of intellectual, institutional, and social capital? What makes these global emergencies the "wicked problems" that resist our best efforts and only grow more daunting? Daniel Callahan, noted author and the nation's preeminent scholar in bioethics, examines these global problems and shines a light on the institutions, practices, and actors that block major change. We see partisan political and ideological forces, old-fashioned hucksters, and trumped-up scientific disagreements but also the problem of modern progress itself. Obesity, anthropogenic climate change, degenerative diseases, ecological degradation, and global famine are often the unintended consequences of unchecked industrial growth, insatiable eating habits, and technologically extended life spans. Only through well-crafted political, regulatory, industrial, and cultural counterstrategies can we change enough minds to check these threats. With big thinking on issues that are usually evaluated separately, this book is sure to scramble partisan divides and provoke unusual, heated debate.

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Obesity is considered a complex and multifactorial disease. Its treatment, therefore, must also be multimodal and tailored to meet the needs of each patient. *Obesity: Evaluation and Treatment Essentials* presents a wide spectrum of practical treatment protocols for obesity including exercise, pharmacology, behavior modification, and dietary factors,

The second Canadian edition of *Health Psychology: Biopsychosocial Interactions* integrates multidisciplinary research and theory to help students understand the complex connections between psychology and health. This comprehensive yet accessible textbook covers the biopsychosocial factors that impact human health and wellness, placing particular emphasis on the distinctive characteristics of the Canadian health care system, the issues and challenges unique to Canadian culture, and the most recent Canadian research in the field of health psychology. Clear, student-friendly chapters examine topics such as coping with stress and illness, lifestyles for enhancing health and preventing illness, managing pain and discomfort, getting medical treatment, and living with chronic illness. This fully revised second edition features the latest available data and research from across Canada and around the world. New and expanded chapters explore psychosocial factors in aging and dying, legalized marijuana use in Canada, the link between inflammation and depression, Canadian psychosocial models of pain, recent Medical Assistance in Dying (MAiD) legislation, weight control, eating disorders, and exercise, and much more. Throughout the text, updated illustrative examples, cross-cultural references, and real-world cases reinforce key points and strengthen student comprehension, retention, and interest.

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The leading clinical reference work in the field--now significantly revised with 85% new material--this handbook gives practitioners and students a comprehensive understanding of the causes, consequences, and management of adult and childhood obesity. In concise, extensively referenced chapters from preeminent authorities, the Handbook presents foundational knowledge and reviews evidence-based psychosocial and lifestyle interventions as well as pharmacological and surgical treatments. It provides guidelines for conducting psychosocial and medical assessments and for developing individualized treatment plans. The effects of obesity--and of weight loss--on physical and psychological well-being are reviewed, as are strategies for helping patients maintain their weight loss. New to This Edition \*Many new authors and topics; extensively revised and expanded with over 15 years of research and clinical advances, including breakthroughs in understanding the biological regulation of appetite and body weight. \*Section on contributors to obesity, with new chapters on food choices, physical activity, sleep, and psychosocial and environmental factors. \*Chapters on novel treatments for adults--acceptance and commitment therapy, motivational interviewing, digitally based interventions, behavioral economics, community-based programs, and nonsurgical devices. \*Chapters on novel treatments for children and adolescents--school-based preventive interventions, family-based behavioral weight loss treatment, and bariatric surgery. \*Chapters on the gut microbiome, the emerging field of obesity medicine, reimbursement for weight loss therapies, and managing co-occurring eating disorders and obesity.

Childhood obesity has tripled in the United States since the 1970s, leaving many of America's

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children vulnerable to long-term physical and mental health issues. In an attempt to understand what is responsible for these swelling statistics, a number of health professionals, school administrators, government officials, and cultural experts have examined the possible culprits. This informative edition explores a number of those perspectives, urging readers to use essays and articles as the basis for further inquiry and individual assessment. This book examines the role of government, the responsibilities of parents, the health care costs of childhood obesity, fast food and food marketing, as well as physical activity as it relates to childhood obesity.

The Obesity: Multiple Choice Questions" Third Edition is a succinct book that provides a plethora of multiple-choice questions. This manuscript aims to provide a tool for healthcare providers to learn about the challenging problem of obesity. Significant changes and new content is added based on current trends. The book's simple format makes the subject easy to understand. Short critique and citations follow most questions. Much work is being done to cover the most important and relevant topics. Health Care providers preparing for obesity exams will find it as a useful teaching aid. Many questions are based on clinical problems faced by clinicians treating obesity and related disorders in their day to day practices. We are hopeful that this book will bring new insights and help develop future physicians who are capable of addressing the obesity epidemic and the challenges it brings.

For fifty years, the medical establishment has preached the same rules for losing weight: restrict calories, eat less, and exercise more. Yet in that time, obesity in the United States has

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skyrocketed. So why has this prescription so clearly failed? Based on twenty years of investigative reporting and interviews with more than a hundred practicing physicians who embrace ketogenic (low-carbohydrate, high-fat) eating as the best formula for health, here bestselling author Gary Taubes puts the keto movement in the necessary historical and scientific perspective. He makes clear the vital misconceptions about obesity and diet (no, people do not become fat simply by eating too much or being sedentary; hormones play the critical role) and uses collected clinical experience from the medical community to provide much-needed practical advice on healthy eating. A groundbreaking manifesto for the fight against obesity and diabetes, in *The Case for Keto*, Taubes reveals why the established rules about eating healthfully might be the wrong approach to weight loss for most people, and how ketogenic diets can help many of us achieve and maintain a healthy weight for life.

Generalized anxiety disorder is also known as neurotic anxiety. This text focuses on personality characteristics that may generate and maintain anxiety symptoms. It bridges the gap between popular psychology titles and graduate-level textbooks, as it comprehensively presents information with a generous use of easy to understand examples and encouraging dialogue. The book presents as a mystery that poses an intriguing question: What if anxiety symptoms aren't merely the effect of some cause, but also personality-based and purposeful means to achieve goals?

All health care students must be familiar with the basic concepts of health care in the United States. This introductory textbook presents vital information on health care careers and legal,

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ethical, financial, and policy issues that will help their future practice. It includes chapters on: careers in the health care profession; the complexity of health care; the Patient Protection and Affordable Care Act; professionalism in health; health care for special populations; the Occupational Safety and Health Administration (OSHA) standards; research and advancements in health care; the future of health care. Fundamentals of U.S. Health Care is unique in the way it highlights the important elements of each health career, including job requirements, length of study, and salaries. With the student in mind, this book is accompanied by a website that features detailed PowerPoints and test banks with more than 1,000 review questions. Well-organized and easily understood, this overview provides a reliable, relevant resource and up-to-date reference. It is essential reading for all allied health students, including nurses, surgical technicians, dental hygienists, radiology technicians, medical assistants, pharmacy technicians, physician assistants, and more.

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