



Dieting, Overweight, and Obesity: Self-Regulation in a Food-Rich Environment

Wolfgang Stroebe

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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 out that each does not take into consideration the desire for palatable food. He then presents the goal conflict theory which assumes that chronic dieters who have difficulties in controlling their weight often disregard bodily cues of hunger and satiety not because they are unable to recognize them, but because they do not want to recognize them.

This book gives readers a comprehensive understanding of the issues involving weight gain and dieting.

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