



Psychological Responses to Eating Disorders and Obesity: Recent and Innovative Work

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This is an edited book that brings together many of the most distinguished researchers and clinicians in the field of food misuse. The papers included are drawn from the conferences on psychological approaches to eating disorders and obesity held at the University of Hertfordshire in 2005 and 2006. It presents current research while focusing on the *application* of this new knowledge.

It covers both eating disorders and obesity in one volume, thus positioning obesity firmly at one end of the food misuse continuum. Chapters will cover subjects such as psychological and cultural aspects of food use, using CBT for treating eating disorders, and CBT group therapy for obesity.

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