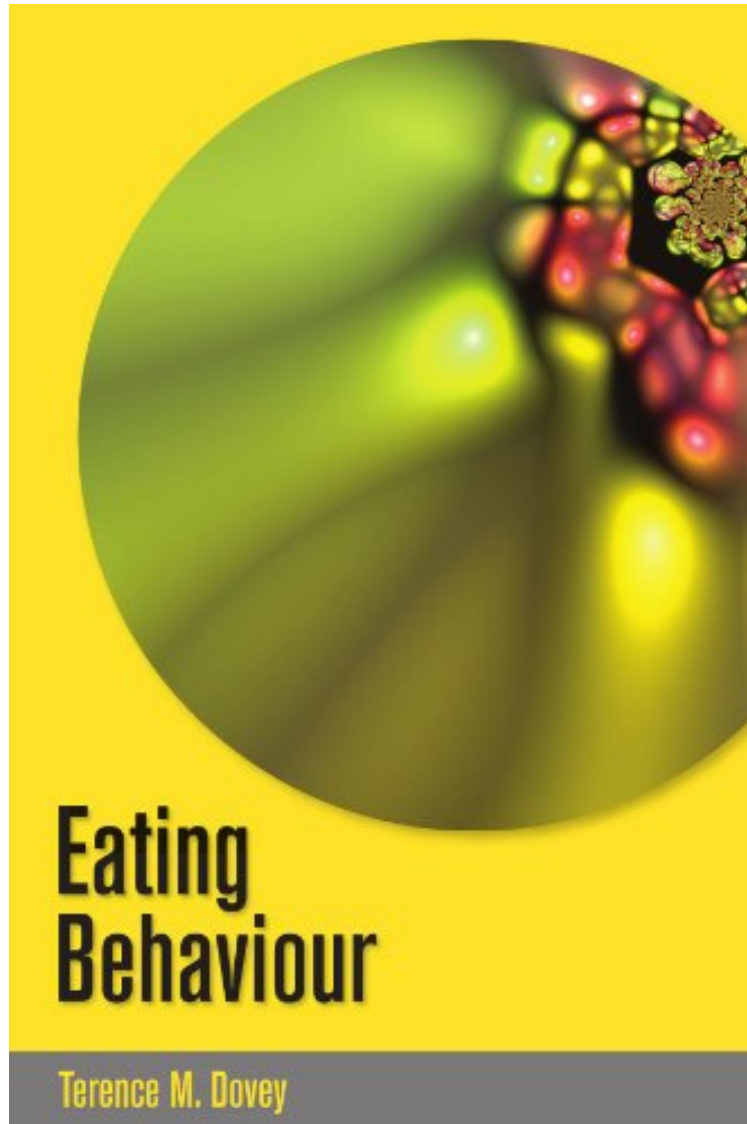


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Eating Behaviour

Terry Dovey

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Terry Dovey : Eating Behaviour before purchasing it in order to gage whether or not it would be worth my time, and all praised Eating Behaviour:

This text provides readers with a concise introduction to the psychology of eating focussing on the psychological and biological processes that underlie eating behaviour. While insights into eating behaviour that has gone wrong, such as anorexia nervosa and bulimia, are offered, the primary focus is on 'normal' eating behaviour. Eating Behaviour

highlights the way that the brain and body control eating, the environmental factors that infiltrate the consciousness to make us think it is time to eat, and childhood, to unravel how eating behaviour develops within the individual. The text covers the subject of eating and food related behaviour from the five main areas of psychology, developmental, cognitive, social, biological, and psychopathological perspectives. Written in a lively, accessible style, it is designed to give readers a basic understanding of the topic and a platform from which to expand their knowledge of this area. This book is essential reading for psychology and health psychology students, those taking eating behaviour modules, and eating behaviour and disorders courses. It is also valuable reading for nutritionists, dietitians, food scientists, occupational therapists, speech and language therapists and medical students.

About the Author Dr. Terence M. Dovey is a psychologist working in the Loughborough University Centre for Research into Eating Disorders (LUCRED), UK.