



Psychology of Eating

Neil E Rowland, Emily C Splane

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Examines the biological, psychological, and sociocultural influences on eating behaviors

Psychology of Eating provides a multi-disciplinary overview to the study of eating; it examines current research in biology, nutrition, psychology, and more. The text's balance of major theories, historical and current research, and real-life examples enables students to understand and interact with the material presented.

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