



Night Eating Syndrome: Research, Assessment, and Treatment

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In one indispensable volume, this book combines a complete overview of night eating syndrome (NES) with evidence-based treatment guidelines and clinical tools. Experts in the field review the biological underpinnings of NES and its common comorbidities; explain how the basic science can inform clinical practice; and discuss issues in assessment and diagnosis. Vivid case examples are featured. Of special utility for clinicians, the book includes a manual for delivering an empirically supported cognitive-behavioral treatment protocol. Reproducible client forms can be photocopied from the book or downloaded and printed in a convenient 8 1/2" x 11" size.

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