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Handbook of Obesity Intervention for the Lifespan
Environmental, genetic, psychological, and societal factors interact to produce obesity, a chronic condition of epidemic proportions. The *Handbook of Obesity Intervention for the Lifespan* guides professionals in meeting this complex challenge with a multidisciplinary palette of evidence-based interventions that can be tailored to men and women across the lifespan, regardless of background. This unique reference combines salient research data and hands-on clinical applications for use with overweight patients, from the very young to the very old, and includes a “treatment resources” section with extra materials to bolster therapy—all geared toward respectful, encouraging treatment and lasting weight-loss results.

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