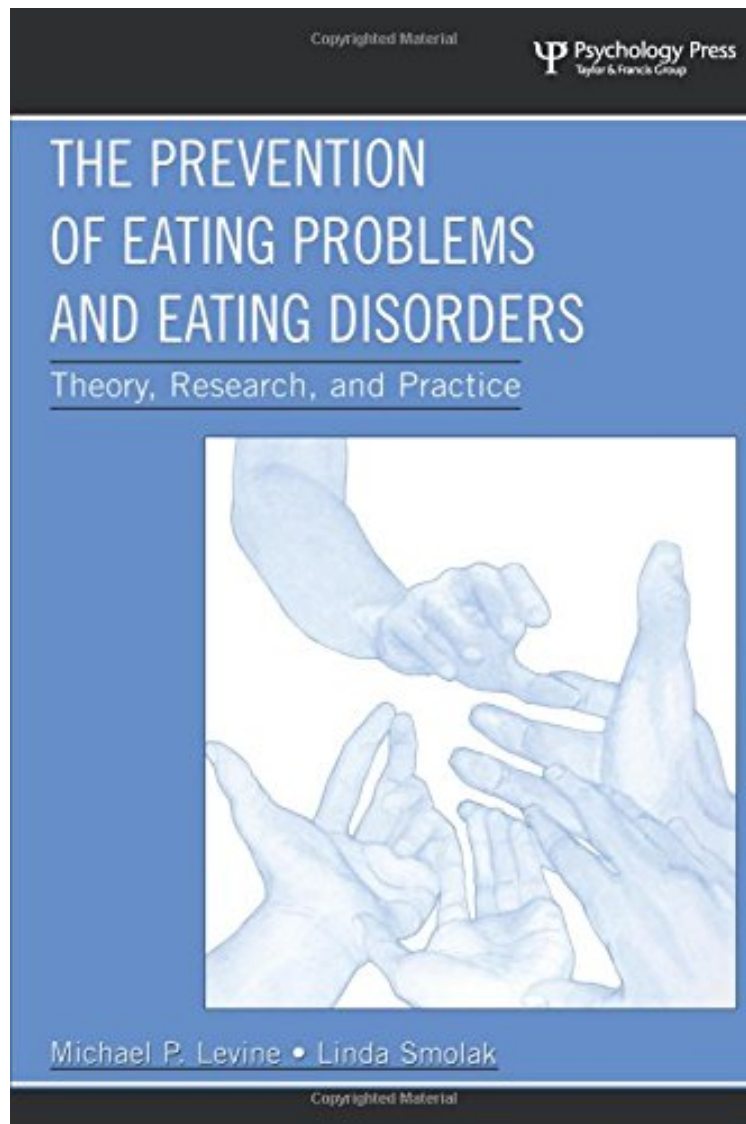


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The Prevention of Eating Problems and Eating Disorders: Theory, Research, and Practice

Michael P. Levine, Linda Smolak
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on time to use it for my studies. Great learning material, too! 0 of 0 people found the following review helpful. The best book on the subject By Johanna I used this book as my "bible" for research I was doing on eating disorders prevention. . Micheal Levine has gathered together and reviewed most of the previous research in a fascinating and well-done text.

This is the first authored volume to offer a detailed, integrated analysis of the field of eating problems and disorders with theory, research, and practical experience from community and developmental psychology, public health, psychiatry, and dietetics. The book highlights connections between the prevention of eating problems and disorders and theory and research in the areas of prevention and health promotion; theoretical models of risk development and prevention (e.g., developmental psychopathology, social cognitive theory, feminist theory, ecological approaches); and related research on the prevention of smoking and alcohol use. It is the most comprehensive book available on the study of prevention programs, especially for children and adolescents. The authors review the spectrum of eating problems and disorders, the related risk and protective factors, the models that have guided prevention efforts to date, the literature on the studies of prevention, and suggestions for curriculum and program development and evaluation. The book concludes with a new prevention program based on the Feminist Ecological Developmental model. The 800 + references highlight work done around the world. The Prevention of Eating Problems and Eating Disorders addresses: * methodologies for assessing and establishing prevention; * the implications of neuroscience for prevention; * dramatic increases in the incidence of obesity; * the role of boys, men, and the media on body image; * prevention programming for minority groups; and * whether to focus on primary or secondary prevention. Intended for clinicians and academicians from disciplines such as health, clinical, developmental, and community psychology; social work; medicine; and public health; this book is also an ideal text for advanced courses on eating disorders.

"This is a superb volume. Levine and Smolak set out to provide a book that would rectify what they believe to be missteps in the field of eating problem and eating disorder prevention. This is a fine example of the intersection of public health and community psychology." *PsycCRITIQUES* "This book on an important topic is highly recommended. It would be useful for both the practitioner and the researcher. The text offers a rich and comprehensive overview of the field of eating problem and eating disorder prevention by two of the most important practitioners and researchers in the field." *Clinical Psychologist* "This is the best book on the prevention of eating problems and eating disorders seen in a long time. As an added bonus, several excellent appendices offer sources for educators, clinicians, researchers and parents... and additional resources for those interested in advocacy and community activism....this book should appeal to a wide audience of those concerned with preventing disturbed eating and eating disorders at the school, community and political levels." *Eating Disorders* "...[it] is written in a very accessible style...the audience could include...students...and clinicians and researchers, especially in the social and behavioral sciences and public health." S. Bryn Austin, ScD. Children's Hospital, Harvard Medical School "The book will make a significant contribution...and will advance the field considerably." Dianne Neumark-Sztainer, Ph.D., MPH, RD University of Minnesota "...written by the two most important scholars in [the] prevention of eating disorders...I would make it a required text for my course." Ruth Striegel-Moore, Ph.D. Wesleyan University