



The Metabolic Syndrome and Obesity

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This book presents an up-to-date survey of the current scientific understanding of obesity and the metabolic syndrome, as well as an overview of the most significant changes to the field over the past 30 years. The book defines obesity and realistically assesses its prevalence. It further examines and evaluates the success of traditional cognitive behavioral treatment. This volume is a thorough reference for obesity and the metabolic syndrome.

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