



Contents

<i>Series editor's foreword</i>	vii
<i>Preface</i>	ix
1 Introduction	1
2 Food choice	12
3 Dietary change	43
4 Weight control and disorders of eating	74
5 Stress and eating	98
6 Food and social influence	114
7 Conclusions	133
<i>Glossary</i>	145
<i>References</i>	150
<i>Index</i>	173