



## Handbook of the Psychophysiology of Human Eating (Wiley Psychophysiology Handbooks Series)

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### Handbook of the Psychophysiology of Human Eating (Wiley Psychophysiology Handbooks Series) From Wiley

Human eating has a biological purpose, and yet it cannot be understood purely in terms of biological need. This work brings together the best current thinking on human eating from diverse fields of psychology, covering physical and cultural factors influencing food choice, effects of infancy and childhood experiences on adult eating behavior, psychological effects of various foods, and the development, effects and treatment of eating disorders. Discusses theoretical models of the psychophysiology of human eating behavior, the effects of aging and cognitive changes on food choice, and changes in behavior due to consumption of alcohol, caffeine and sugar. Features thoughtful consideration of the biological, psychological and social aspects of eating disorders, obesity and undernutrition.

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