L'obesità - evoluzione della terapia

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Obesity management is a tremendous challenge for the professionals engaged in it. This book aims at describing the characteristics of different treatment processes that have been applied since the Sixties. It also presents a complex intervention strategy worked out by the author during his long professional experience.

The book is divided into three sections. The first one presents a brief excursus on the interpretation of obesity over different historical eras and it ends up with a review of treatment techniques suggested by psychologists since the 1970's on. The second section examines several approaches to the issue from the Eighties up to now. Special emphasis is given to the development of intervention methodologies in Italy. A chapter of the third section addresses the issue of professional training on one hand and interdisciplinary treatment on the other. Furthermore, the author provides a preliminary description of the therapeutic strategy, called "ECO Method". The three appendices attached make up a complete manual of management processes and the whole work appears thorough and exhaustive.

The author had some chapters written by experts in specific obesity treatment areas.

This approach has turned out to be both effective, for the high quality of the contributions, and suitable to the style of the work as a whole. Clear and numerous illustrations and tables allow an easy understanding of the topics. Extensive bibliography is divided into: topics, authors quoted in the text and years. Content indexes are complete. Its layout, at least at first sight, is rather complex: the author has in fact chosen a hyper textual-like structure.

Several reasons make this work worth mentioning. A thoroughly critical review of the treatment methodologies illustrated make it an indispensable tool to all professionals operating in the field. The book is the result of a long-lasting, meticulous and original working experience. The author paves the way for a multidimensional approach to obesity treatment and his work may stand as a decisive starting point for reinforcing the tools currently available. In tackling a wide range of topics the author uses a clear, easy to-read and understandable style.

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