



## The Overweight Patient: A Psychological Approach to Understanding and Working with Obesity

By Kathy Leach

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, The Overweight Patient: A Psychological Approach to Understanding and Working with Obesity, Kathy Leach, 'Kathy Leach provides a thoughtful, well-written text that addresses the 'great weight debate' in an engaging and compassionate way.' -The Psychologist, Vol. 20, March 2007 'The main body of the book focuses on clinical work, offering insightful ways of thinking about and working with obese individuals. The text is punctuated with some very useful case examples and transcripts which guide and enlighten the readers thinking.' -The Psychologist, Vol.20, March 2007 'An excellent, clear and accessible introduction to basic transactional analysis theory and principles, providing useful examples of how this form of therapy can be particularly useful and effective when working with people who overeat.' -The Psychologist, Vol.20, March 2007 'An important contribution in helping clinicians and clients understand the psychological aspects that prevent people from losing weight or maintaining weight loss. It is a 'must-have' text for anybody working with this client group.' -The Psychologist, Vol.20, March 2007 'The Overweight Patient provides a practical framework to psychological management of obesity. Kathy Leach employs a model of Transactional Analysis psychotherapy to the treatment of obesity. She clearly writes...



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