

# REVIEWS

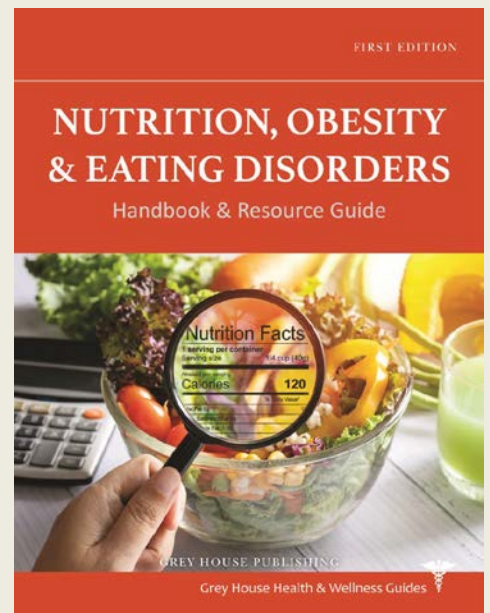
## *Nutrition, Obesity & Eating Disorders Handbook & Resource Guide*

***“Nutrition, Obesity, & Eating Disorders Handbook & Resource Guide*** is one of the volumes in the Grey House Health & Wellness Guides. **With its extensive content and its impressive listings of agencies, support groups, statistics, and web sites, it is a consumer health resource not to be missed.**

This volume is conveniently arranged into four logical divisions: Section One: Studies & Statistics About Nutrition, Obesity, & Eating Disorders; Section Two: Conditions Related to Nutrition; Section Three: Conditions Indirectly Related to Nutrition; and Section Four: Appendix & Indexes.”...

... **“This volume would make an excellent addition to consumer health collections in both public and academic libraries. It is a comprehensive “one stop” guide. College and university students would find it to be an excellent background resource for information on medical conditions and nutrition as well as a springboard to additional sources for research.** The book is well written for a general audience with little jargon. The focus is on the average citizen who can take the recommendations and examples provided and act on them to promote a healthier lifestyle.”...

*-Against the Grain*



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