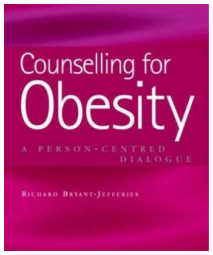
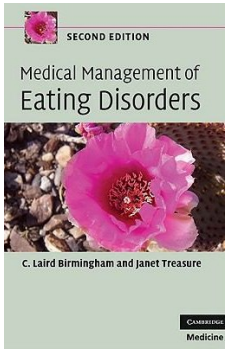


Counselling for obesity: person centred dialogues

By Richard Bryant-Jefferies (WD 210)

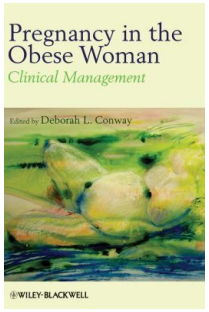
Offering a unique, person-centred insight into obesity this book is an invaluable resource which will help healthcare professionals look beneath the surface of the symptoms of
obesity.



Medical management of eating disorders

By C. Laird Birmingham and Janet Treasure (WM 175)

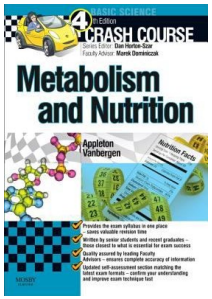
This is a useful introductory text and ready source of information regarding the medical complications of eating disorders. The text is supplemented with diagnostic colour photographs and also includes case examples.



Pregnancy in the obese woman: clinical management

By Deborah Conway (WQ 240)

This clinically focused book covers evidence–based practices for professionals caring for overweight expecting mothers at risk of complications during their pregnancy.



Crash course: metabolism and nutrition

By Amber Appleton (QU 145)

The essential concepts of human metabolism and nutrition are explained together with a discussion of metabolic diseases, underlying concepts, clinical assessment and examination, and further investigations.

Norfolk and Norwich University Hospitals NHS
NHS Foundation Trust

The Sir Thomas Browne Library

A selection of books to support Obesity Awareness

To borrow a book from this collection please contact
The Sir Thomas Browne Library

Or for details of more books and resources in this collection
or to search the library catalogue visit www.elms.nhs.uk
Email: library@nnuh.nhs.uk

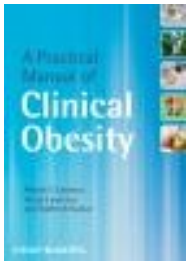
Phone: 01603 286893 (internal ext. 2893)

Twitter: @NNUH_Library

Clinical nutrition in practice

By Nikolaos Katsilambros et al (WB 400)

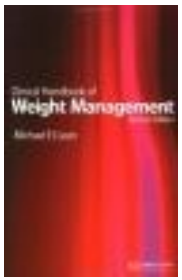
All aspects of clinical nutrition are covered in an accessible question and answer format with evidence-based answers.



Practical manual of clinical obesity

By Robert Kushner, Victor Lawrence and Sudhesh Kumar (WD 210)

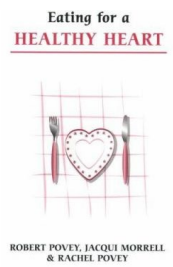
This book provides practical, accessible and expert advice on the clinical diagnosis and management of obesity. Information is clearly presented, including flow charts, key points and case studies.



Clinical handbook of weight management

By Michael E J Lean (WD 201)

This handbook provides an up to date background on obesity and its management and offers guidelines for weight management plans which can be instituted at primary care level.

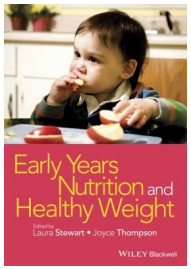


Eating for a healthy heart

By Robert Povey, Jacqui Morrell and Rachel Povey

(WB 400)

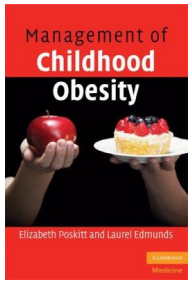
A healthy diet is seen as one of the main weapons in the fight against heart disease. In this book the authors give advice on healthy eating and how food and drink affect the working of the heart, together with a wide range of heart-friendly recipes.



Early years nutrition and healthy weight

By Laura Stewart (WS 115)

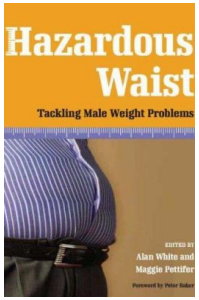
Combining current evidence with practical advice, this book considers both the avoidance and management of childhood obesity. Covering key topics including early sedentary behaviour, parental influences and underlying medical causes, plus practical interventions.



Management of childhood obesity

By Elizabeth Poskitt and Laurel Edmunds (WD 210)

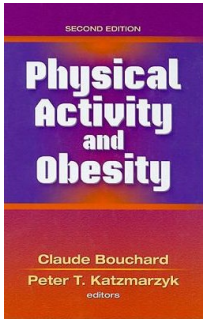
Key management points are provided in short bulleted lists together with practical recommendations and sensitive approaches to overweight children and their families.



Hazardous waist: tackling male weight problems

Edited by Alan White and Maggie Pettifer (WD 210)

This multidisciplinary guide provides a gender-sensitive approach to weight issues. It offers practical guidance, evidence-based research with academic perspectives and personal experiences.



Physical activity and obesity

Edited by Claude Bouchard and Peter T. Katzmarzyk

(WD 210)

Presenting an array of topics exploring the links between activity and obesity, there are 89 succinct chapters written by expert contributors which can be used independently or as a complete text.