



Improving the Long-Term Management of Obesity: Theory, Research, and Clinical Guidelines

Michael G. Perri, Arthur M. Nezu, Barbara J. Viegner

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Within one year, 95% of those on diets regain all of the weight they lost. For over a decade, the authors have worked on the long-term management of obesity. They address the problem of poor long-term maintenance of weight loss within the context of current theory and research regarding the causes of this problem and the effectiveness of its treatment. The authors present clinical guidelines in order to improve long-term management of obesity as well as offer readers practical advice in understanding and addressing obstacles to long-term success. Extensive use of tables and figures illustrate major points and provide readers with sample handouts for clinical use.

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