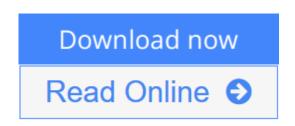


# Nutrition Psychology: Improving Dietary Adherence

By Melinda Blackman, Colleen Kvaska



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Nutrition Psychology: Improving Dietary Adherence presents prominent psychological theories that are known to drive human eating behavior, and reveal how these models can be transformed into proactive strategies for adhering to healthy dietary regimens.

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