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| **Title of Lunch with an author (books)** (Sentence case) Understanding the psychology of eating as a way for health promotion |
| **Maximum 2500 characters (including spaces but excluding title)****Author(s)**prof. Zaharina Savova, DM**Book Title**Look at the Empty Plate. Psychology of Eating**Publisher and year of publication**Nice AN Ltd., 2017**Book description**The book results from 20 years of author’s practice as a psychotherapist and a researcher in the field of psychology of eating and eating disorders (EDs).It discusses: child-parents relations in child's early years, the usage of food for punishment/reward, the family type and the influence of these early experiences on eating behaviour later in life; the mechanisms that make people use food as a substitute when basic needs of belonging, recognition, security and love are not satisfied; emotional eating and the effect of stress upon eating behavior. It presents the aetiology and the impact on health and well-being of anorexia, bulimia, BED, pregorexia and orthorexia, and of obesity as a health-threatening condition; and how sociocultural factors, relational terrain’s dynamics and different traumas provoke and sustain EDs. Client examples from the author’s practice illustrate EDs’ manifestation. Original tests and practical exercises help readers become conscious of their relation to food and eating. There are strategies for relatives and therapists how to communicate with people with EDs. The Neoreichian analytical body psychotherapy is discussed as an effective form of EDs’ treatment.The book is educational, easily-read and explains the meaning of food and eating to express attitude to oneself and to others. It provokes readers to explore how well they know themselves, what they want from life, do they suppress needs or feelings, and how they communicate with themselves and the others. It helps to understand psychology of eating and the ways out from the vicious circle of disordered eating. **Relevance for health promotion or sustainable development**Disordered eating damages health and lowers life quality. Eating disorders result in about 7,000 deaths a year as of 2010, making them the mental illnesses with the highest mortality rate. 2 decades ago the problem appertained to Western culture and economically developed countries; now it’s global due to urbanisation, industrialisation, media and fashion influences, changing social norms and gender roles. That’s why it’s important to disseminate knowledge of EDs’ causes and consequences. Books like *Look at the Empty Plate* are easily accessible to be used for health promotion. |