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vrig information Birgitta Adolfsson, Ph.D. , is a licensed psychologist and has helped patients adapt to lifestyle change and treat their obesity for over 30 years.

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Marilynn S. Arnold is the author of Behavioral Approaches to Treating Obesity (3.67 avg rating, 3 ratings, 0 reviews, published 2006)

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While studies and books abound on the topic, Behavioral Approaches to Treating Obesity, Helping Your Patients Make Changes That Last, by experts Brigitta Adolfsson, PhD and Marilyn S. Arnold, MS, RD, have created an all-in-one resource and reference guide for healthcare providers (HCPs).