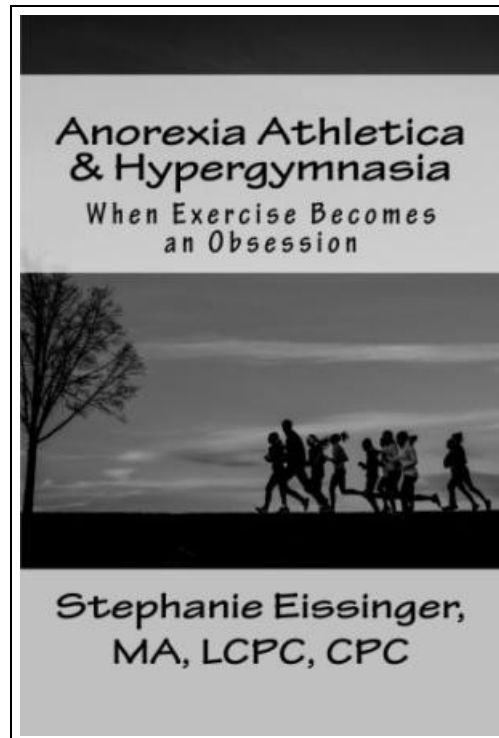


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Reviews

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Dr. Hermann Marvin PhD)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When Workout Dedication Turns into Unhealthy Obsession Dedicated athletes and committed exercisers are held up as motivational examples to follow, but what happens when that healthy workout behavior takes on a darker side? Self-disciplined individuals with perfectionist tendencies and a strong desire to compete (even with themselves) are at a high risk for developing training and exercise behavior that is excessive and dangerous. Motivation can shift from performance enhancement and increased physical fitness to one of extreme weight loss and a relentless struggle for perfection. Working out becomes compulsory and disordered eating patterns emerge. Anorexia Athletica/Hypergymnasia has gradually taken control of the individual s thinking and behavior. Athletes, Coaches, Fitness Professionals, Parents, and Teammates need to be aware of the signs and symptoms that indicate Anorexia Athletica or Hypergymnasia is developing in order to provide early intervention. the earlier an intervention occurs, the easier and faster the individual can recover. That reality makes this book invaluable. It sets a foundation for understanding the problem, who is at risk, the indicators that a problem is emerging or prevalent, and how best to intervene. An Exercise Addiction Questionnaire and recovery suggestions are included. This cutting edge resource also provides essential information and guidance on building positive, insulating cultures within the sports arena, and teams, the fitness gym, and the home environment. No coach or fitness professional should be without it! Buy this vital resource and arm yourself with crucial information on how to effectively recognize and intervene with athletes or clients who are exhibiting excessive work out behavior and disordered eating! Buy this powerful resource for yourself if you find you re struggling with excessive exercise and disordered eating and be your...



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