



The Adonis Complex: How to Identify, Treat and Prevent Body Obsession in Men and Boys

Harrison G. Pope, Katharine A. Phillips, Roberto Olivardia

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A Health Crisis That Strikes Men Of All Ages

Trying everything from compulsive weight lifting to steroids, more and more boys and men are taking the quest for physical perfection beyond the bounds of normal behavior. *The Adonis Complex* -- the groundbreaking book that first gave a name to this phenomenon and sparked nationwide interest in the subject -- identifies for the first time the symptoms and warning signs of this dangerous problem, including:

- An obsession with exercise, sometimes to the exclusion of all other activities
- Binge eating, anorexia nervosa, and bulimia
- The abuse of steroids, muscle-building supplements, and diet aids

But perhaps more important, it offers readers an explanation of the underlying causes of the Adonis complex, together with hands-on advice for those who have experienced body obsessions themselves, or who see these problems in a boy or man they love.

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Paul Herbert:

Spent a free time for you to be fun activity to complete! A lot of people spent their sparetime with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic from the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? May be reading a book could be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the book untitled The Adonis Complex: How to Identify, Treat and Prevent Body Obsession in Men and Boys can be excellent book to read. May be it may be best activity to you.

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