



The Truth About Exercise Addiction: Understanding the Dark Side of Thinspiration

Katherine Schreiber, Heather A. Hausenblas

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Designed for individuals concerned about their workout habits, personal trainers, family and friends of folks with a problem, as well as working mental health professionals treating exercise addicts, *The Truth About Exercise Addiction* provides an easy-to-read, illuminating glimpse into the rising trend of over-exercise. Delving into the history of exercise addiction and the growing influence of “thinspiration,” Katherine Schreiber and Heather A. Hausenblas illustrate the symptoms and dangers of obsessive exercise with true stories from sufferers, all while exploring why and how such a seemingly healthy behavior morphs into a dangerous means of self-destruction. Analyzing the causes and consequences of excessive physical activity alongside the influence of genetics, culture, and personality, this book allows readers to gain a greater understanding of what exercise addiction looks and feels like. *The Truth About Exercise Addiction* also provides an unprecedented list of resources to address exercise addiction, a snapshot of treatments currently available for sufferers, and to top it off: guidelines on how to confront and care for someone who may have a problem.

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