

Fat Is A Family Affair How Food Obsessions Affect Relationships

The Addiction Treatment Planner Robert R. Perkinson 2014-01-28 The bestselling treatment planning system for mental health professionals The Addiction Treatment Planner, Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions Organized around 43 behaviorally based presenting problems, including substance use, eating disorders, schizoid traits, and others Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options Easy-to-use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA

The Fix for Cravings Cynthia Myers-Morrison EdD 2020-03-05 THE FIX For Cravings One(s) that didn't work, and one which WORKS! You Can Create a Blissful, Contented, and Purposeful Life! If you have tried and failed at diets, exercise regimes, and attempts to moderate consumption of foods 'calling to you,' then the book you are holding is THE FIX. The Food Addiction Specialist's food plans and the lifetime experience the co-authors share address a primary problem. Treating your relationship with food and related behaviors as primary issues rather than symptoms may be your solution. YOU can have a blissful, contented, and purposeful life. This is THE FIX for a Life Without Cravings. The stories of dozens who succeeded will inspire. You may not have reached their level of despair yet, but your desire to pick up this book indicates you have searched long enough. Start using the strategies offered to radically change your life.

White Truffles in Winter N. M. Kelby 2012 The sensuality of food and love is explored in this novel about the legendary French chef Auguste Escoffier, who was torn between his poet wife, Delphine Daffis and the reckless actress Sarah Bernhardt. 20,000 first printing.

Love Lessons Jacqueline Wilson 2008-09-04 Fourteen-year-old Prue and her sister Grace have been educated at home by their controlling, super-strict father all their lives. Forced to wear Mum's odd hand-made garments and forbidden from reading teenage magazines, they know they're very different to 'normal' girls - but when Dad has a stroke and ends up in hospital, unable to move or speak, Prue suddenly discovers what it's like to have a little freedom. Sent to a real school for the first time, Prue struggles to fit in. The only person she can talk to is her kindly, young - and handsome - art teacher, Rax. They quickly bond, and Prue feels more and more drawn to him. As her feelings grow stronger, she begins to realise that he might feel the same way about her. But nothing could ever happen between them - could it?

Milk Fed Melissa Broder 2022-02-17 Rachel is twenty-four, a lapsed Jew who has made calorie restriction her religion. By day, she maintains an illusion of control by way of obsessive food rituals. At night, she pedals nowhere on the elliptical machine. Then Rachel meets Miriam, a young Orthodox Jewish woman intent upon feeding her. Rachel is suddenly and powerfully entranced by Miriam - by her sundaes and her body, her faith and her family - and as the two grow closer, Rachel embarks on a journey marked by mirrors, mysticism, mothers, milk, and honey. Pairing superlative emotional insight with unabashed vivid fantasy, Melissa Broder tells a tale of appetites: of physical hunger, of sexual desire, of spiritual longing. Milk Fed is a tender and riotously funny meditation on love, certitude, and the question of what we are all being fed, from one of our major writers on the psyche - both sacred and profane.

Forthcoming Books Rose Arny 2003

Shades of Hope Tennie McCarty 2012 One of the foremost experts on eating addiction, Tennie McCarty uses her own inspiring story, as well as the treatment from her famous retreat center, Shades of Hope, to help readers break the endless cycle of diets. This is not a guide to losing weight. There are millions of people who bounce from one diet to another without understanding why because they never look beyond their plates. McCarty believes that food addiction is a physical and mental problem with a spiritual solution. An interactive book that asks readers to be a part of their healing, Shades of Hope shares the teachings, therapies, exercises, and mind-set that McCarty has used and developed throughout her career in treating addiction. Drawing from her own personal story, as well as those of her patients, McCarty shows readers how they can create new relationships--with food, their loved ones, and themselves.

On the Spectrum Jennifer Gold 2017-09-12 Growing up in the shadow of a famous mother, Clara has never felt good about her body. Now, at sixteen, she has an unhealthy obsession with healthy eating. After a social media disaster, she decides to escape for the summer to Paris to stay with her estranged dad and her six-year-old brother, Alastair, who is on the autism spectrum. Charged with his care, Clara and Alastair set out to explore the city. Paris, and a handsome young French baker, teaches Clara about first love, and a new love of food. And Alastair teaches Clara about patience, trust, and the beauty of loving without judgment.

The Strangest Family: The Private Lives of George III, Queen Charlotte and the Hanoverians Janice Hadlow 2014-08-28 An intensely moving account of George III's doomed attempt to create a happy, harmonious family, written with astonishing emotional force by a stunning new history writer.

Every Body Shines Cassandra Newbould 2021-06-08 An intersectional, feminist YA anthology from some of today's most exciting voices across a span of genres, all celebrating body diversity and fat acceptance through short stories. A Junior Library Guild Selection Fat girls and boys and nonbinary teens are: friends who lift each other up, heroes who rescue themselves, big bodies in space, intellects taking up space, and bodies looking and feeling beautiful. They express themselves through fashion, sports and other physical pursuits, through food, and music, and art. They are flirting and falling in love. They are loving to themselves and one another. With stories that feature fat main characters starring in a multitude of settings, and written by authors who live these lives too, this is truly a unique collection that shows fat young people the representation they deserve. With a foreword by Aubrey Gordon, creator of Your Fat Friend, and with stories by: Nafiza Azad, Chris Baron, Sheena Boekweg, Linda Camacho, Kelly deVos, Alex Gino, Claire Kann, amanda lovelace, Hillary Monahan, Cassandra Newbould, Francina Simone, Rebecca Sky, Monique Gray Smith, Renée Watson, Catherine Adel West, Jennifer Yen

American Book Publishing Record 2003

Fat Is a Family Affair Judi Hollis 2012-06-07 This instructive and engaging guide provides the latest thinking, compassionate counsel, and step-by-step assistance to individuals who suffer from compulsive eating behaviors. With more than half a million copies sold, Fat is a Family Affair is recognized as the benchmark text on family dynamics and eating disorders. Newly updated with current research, perspectives, and stories, this instructive and engaging guide provides the latest thinking, compassionate counsel, and step-by-step assistance to individuals who suffer from compulsive eating behaviors--specifically overeating and undereating. Judi Hollis is eminently qualified to offer guidance on this topic, having counseled families for more than 30 years and pioneered the nation's first Twelve-Step eating disorders treatment program. Key features and benefitsover 500,000 copies of the first edition have been soldfeatures personal stories that validate readers' experiencesideal for overeaters, undereaters, and binge eaters as well as their loved onesAbout the author Judi Hollis, Ph.D., is a licensed marriage and family counselor with special training in addiction and sexuality. She maintains a private practice in New York City and teaches on a number of faculties. Dr. Hollis, who is in recovery from an eating disorder, has been counseling addicted families since 1967 when she helped to establish New York City's Phoenix House programs. In 1975, Dr. Hollis founded the HOPE (Helping Overeaters through People and Education) Institute, the nation's first addiction-model eating disorders hospital unit.

Middlesex Jeffrey Eugenides 2003-09-01 Winner of the 2003 Pulitzer Prize for Fiction: the dazzling international bestseller from the author of The Virgin Suicides . a rollicking family epic like no other!

From Bagels to Buddha Judi Hollis 2012-06-01 Part memoir, part how-to, this book addresses the growing obesity epidemic in the US in a humorous and non-judgmental manner.

Food Junkies Vera Tarman 2019-01-05 Drawing on her experience in addictions treatment, and many personal stories of recovery, Dr. Vera Tarman

offers practical advice for people struggling with problems of overeating, binge eating, anorexia, and bulimia. Food Junkies, now in its second edition, is a friendly and informative guide on the road to food serenity.

Appetite Anita Cassidy 2019-02 Because everyone hungers for something...Food and Sex: two appetites the modern world stimulates, but also the ones we are expected to keep under control. But what happens when you don't? Embarking on an affair, lonely wife and mother Naomi blossoms sexually in a false spring while David, the fattest boy at the local comprehensive and best friend of her son, struggles to overcome bullying and the apathy of his divorced mother. David finally starts to learn about the mechanisms of appetite through a science project set by his intelligent but jaded teacher, Matthew. David's brave efforts to change himself open Matthew's eyes to his activist girlfriend's dangerous plans - to blow up VitSip, a local energy-drink company where Naomi works. At the mercy of their appetites, this exciting debut novel shows how some hungers can never be satisfied...

Internet Addiction Caesar Lincoln 2014-01-26 Discover How To Finally Overcome Your Internet Addiction!Read on your PC, Mac, smart phone, tablet or Kindle device!You're about to discover a proven strategy on how to overcome your internet addiction and take back your life. Millions of people suffer from internet addictions and throw away hours a day of productive time and turn it into patterns of constantly checking the updates on their social media accounts or other online communities. Most people realize how much of a problem this is, but are unable to change their situation, simply because it's been a part of their mindset for so long.The truth is, if you are suffering from wasting time because of your internet addiction and haven't been able to change, it's because you are lacking an effective strategy and understanding of where these addictions come from and why they are there. This book goes into how the internet has changed our lives, signs that will tell you whether you are addicted or not, and a step-by-step strategy that will help you free yourself from internet dependency and help you take control of your life.Here Is A Preview Of What You'll Learn... Understanding How The Internet Has Changed Our Lives Signs That Will Tell You If You Are Addicted How To Overcome Your Internet Addiction For Life Take action right away to overcome your internet addiction by downloading this book, "Internet Addiction: The Ultimate Guide for How to Overcome An Internet Addiction For Life", for a limited time discount!

Overeaters Journal Debbie Danowski 2009-10-28 A guided journal to help overeaters get to the heart and soul of their eating patterns. As a 328-pound woman, Debbie Danowski was on her way to an early death when she entered a treatment center for food addiction 14 years ago. During the six-week stay, she was required to keep a daily journal, a task that she now credits with helping to save her life. The act of writing forced Danowski to uncover thoughts and feelings she had kept hidden. It was the key to unlocking her lifelong food obsession. Now Danowski brings her special insight and writing expertise to *The Overeaters Journal* with journaling exercises that explore the physical, emotional, and spiritual aspects of food obsession.

Eat, Drink, and Be Mindful Susan Albers 2009 Presents tools for applying the principles of mindful eating to daily life, such as self-assessment questions and tables that track eating patterns and the emotions accompanying them.

Eating in the Light of the Moon Anita Johnston 2010-07-01 Teaches women to free themselves from eating disorders by finding the metaphors hidden in their own life stories

Sexual Abuse and Eating Disorders Mark F. Schwartz 1996 First Published in 1996. Routledge is an imprint of Taylor & Francis, an informa company.

The Complete Adult Psychotherapy Treatment Planner David J. Berghuis 2014-01-28 A time-saving resource, fully revised to meet the changing needs of mental health professionals The Complete Adult Psychotherapy Treatment Planner, Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions including anger control problems, low self-esteem, phobias, and social anxiety Organized around 43 behaviorally based presenting problems, including depression, intimate relationship conflicts, chronic pain, anxiety, substance use, borderline personality, and more Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options Easy-to-use reference format helps locate treatment plan components by behavioral problem or DSM-5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA

Fat is a Family Affair Judi Hollis 2003-04-02 Fat Is a Family Affair Second Edition

Fat and Furious Judi Hollis 2002-11 Dr. Judi Hollis, founder of the nation's first eating disorders hospital unit, reports that in thirty years of clinical practice, she has never met a starving or bingeing person who wasn't raging within. Why? What is the link between unexpressed anger and food obsession? In *Fat and Furious*, Dr. Hollis traces the rage back to the "mother-daughter wound" where, at the root of all disordered eating, is one painful truth—our mothers passed on lies about their own pain, making healthy separation for their daughters impossible. And when daughters cannot claim their lives, they try to sedate, control, and suppress themselves—with food. Dr. Hollis cautions that facing the mother-daughter wound does not mean blaming your mother. The challenge is to fearlessly confront the ways in which we are repeating the dynamics of the mother-daughter relationship in our lives today. *Fat and Furious* is not an answer book. It is a book that will teach you how to ask probing questions—the first step to self-healing. With the wisdom and guidance in *Fat and Furious*, you will begin to hear and trust your own inner voice—and you will never be hungry again.

Nothing Tastes As Good Claire Hennessy 2016-06-06 'Utterly magnificent' - Marian Keyes What happens when you give in to the voices in your head? Annabel is dead. And she's not happy about it. Despite having strived to be 'lighter than air' back when she was alive, the consequences of that yearning haven't quite sunk in yet. Julia Jacobs is fat. Which Annabel immediately notices when she's assigned as Julia's ghostly helper (don't even think about calling her a guardian angel). And as her helper, Julia's problem seems pretty obvious to Annabel. Fat = problem = unhappy. Sorted. The only trouble is that whatever is causing Julia to overeat is hidden deep within her. Annabel will have to get to know Julia to uncover this secret and 'fix' her. Annabel can become the voice of reason, Julia's source of strength. Except. . . all this time spent in someone's head has got Annabel thinking. Not just about food, but about her family too. And that maybe happiness can mean more than eradicating all the flesh from your bones.

The Fat Woman's Joke Fay Weldon 2012-06-28 Fay Weldon's first novel, a sharp and witty parable of the way people see themselves.

Weight Bias Kelly D. Brownell 2005-08-24 Discrimination based on body shape and size remains commonplace in today's society. This important volume explores the nature, causes, and consequences of weight bias and presents a range of approaches to combat it. Leading psychologists, health professionals, attorneys, and advocates cover such critical topics as the barriers facing obese adults and children in health care, work, and school settings; how to conceptualize and measure weight-related stigmatization; theories on how stigma develops; the impact on self-esteem and health, quite apart from the physiological effects of obesity; and strategies for reducing prejudice and bringing about systemic change.

Crazy in the Kitchen Louise DeSalvo 2008-12-01 During Louise DeSalvo's childhood in 1950s New Jersey, the kitchen becomes the site for fierce generational battle. Louise's step-grandmother insists on recreating the domestic habits of her Southern Italian peasant upbringing, clashing with Louise's convenience-food-loving mother; Louise, meanwhile, dreams of cooking perfect fresh pasta in her own kitchen. But as Louise grows up to indulge in amazing food and travels to Italy herself, she arrives at a fuller and more compassionate picture of her own roots. And, in the process, she reveals that our image of the bounteous Italian American kitchen may exist in part to mask a sometimes painful history. Louise DeSalvo is a writer, professor, lecturer, and scholar who lives in New Jersey. Her many books include the memoirs *Vertigo*, *Breathless*, and *Adultery*; the acclaimed biography *Virginia Woolf: The Impact of Childhood Sexual Abuse on her Life and Work*; and *Writing as a Way of Healing*. Recently, she edited Woolf's early novel *Melymbrosia* and coedited *The Milk of Almonds: Italian American Women Writers on Food and Culture*. A Book Sense 76 pick in hardcover "Louise DeSalvo packs about six courses of emotional wallop into her slim memoir...[A] tough, courageous story, one of hard-won wisdom and memory."-San Francisco Chronicle "Illuminate[s] the difficulties of reconciling past and present...DeSalvo celebrates the table of her ancestors by savoring her own rediscovered history."-New York Times Book Review

[Fat is a Family Affair](#) Judi Hollis 1985 The resources here will guide you along a pathway of self-assessment, discovery, and fulfillment. Judi Hollis helps readers understand the compulsive nature of eating disorders and its dramatic effect on the entire family. The step-by-step format and personal examples help readers explore their role in this complex disorder.

[Shades of Hope](#) Tennie McCarty 2012-03-06 The founder of Shades of Hope Treatment Center offers real-life solutions and a step-by-step program that teaches you how to stop the never-ending cycle of diets, binges, negative behaviors, and broken promises that come with food addiction.

Includes a Foreword by Ashley Judd There are millions of people who bounce from one diet to another with no understanding of the link between emotional eating (compulsive overeating) and not being able to keep off the weight. Author Tennie McCarty was herself an overeater, food addict, and bulimic. Tennie believes that food addiction is a physical and mental problem with a spiritual solution. Tennie confronted her addictions to unhealthy relationships, food, work, and was finally able to find the one thing we all ultimately crave—serenity. In her work with clients, Tennie helps them uncover why they yo-yo diet, why they compromise their health with a diseased relationship to food, why their uncontrollable need for control has left them feeling broken, and what it is about their past or present that leads them to seek comfort in the oscillating consumption and restriction of food. As Ashley Judd, a former patient says, “Because if there was hope for Tennie McCarty, there was hope for me.”

[Getting Over Overeating for Teens](#) Andrea Wachter 2016-12-01 Transform your relationship with food, once and for all. Written by a family therapist and eating disorder specialist, this skills-based workbook will give you the tools you need to manage your emotions and find the comfort and sweetness you truly seek in life—without overeating! If you struggle with overeating, you are not alone. Studies show that millions of teens face problems with emotional eating, weight gain, and negative body image. However, these facts and figures do not include sneak eaters, overeaters who do not binge, and teens who overeat but manage their weight through excessive exercise. So, if you’re struggling with the habit of overeating, where can you turn? *Getting Over Overeating for Teens*, written by an eating disorders specialist who struggled with her own issues as a teen, provides a wealth of tools to help you change your relationship with food. Using an integrated approach that includes mindfulness, cognitive behavioral therapy (CBT), and intuitive eating, this book will focus on the emotional, mental, physical, and spiritual factors that are essential to overcoming overeating. With the practical advice and powerful exercises in this book, you’ll come to a better understanding of your urge to overeat, and learn skills such as emotion regulation, assertive communication, moderate eating, and working with cravings. Most importantly, you’ll find better ways to fill up and be ready to apply what you’ve learned to living a healthier, happier life.

Inner Harvest Elisabeth L. 2010-03-26 Daily positive thoughts offer insight and ideas for meeting the challenges of ongoing recovery from eating disorders. Find strength and renewal in recovery from eating disorders with the author of *Food for Thought* and explore your spiritual and personal development in recovery. The daily meditations found in *Inner Harvest* invite us to live more fully, encouraging us to continue living a life focused on healthy personal growth—not on food. The readings offer support for developing self-acceptance and the openness to build better relationships with others and our Higher Power.

[Cleaving](#) Julie Powell 2011-10-27 Julie Powell's *Julie & Julia* is the story of the culinary blogging sensation that inspired the hit film. Julie Powell spent a year cooking her way through Julia Child's impossible *Mastering the Art of French Cooking*. Her experiences were recorded in the hilarious bestselling book and film *Julie and Julia*. But what she did next took even adventurous Julie by surprise. She trained as a butcher. Apprenticed at Fleisher's, she cut, chopped, hammered, sliced and cleaved her way through herds of meat; got splattered in gore; grew big muscles; and showed she has what it took to make it as a woman in a man's world. At the same time she embarked on a passionate, red-blooded affair that threatened her marriage, and, at times, her sanity. 'A remarkable confessional of butchery and adultery' *Harper's Bazaar* 'Highly readable . . . beautiful writing, effortlessly filling pages with virtuoso descriptions of animal slaughter and human travail' *Sunday Times* 'Powell makes you see how butchery might be enjoyable, even cathartic' *Spectator* Julie Powell started to entertain readers on her infamous blog, on which she pledged to cook all the recipes from Julia Child's iconic cookbook *Mastering the Art of French Cooking*. The blog achieved a dedicated following and, as a result of this, it evolved into *Julie & Julia* - a novel which connects Julie's blog to a reworking of Julia Child's biography. *Julie & Julia* was adapted for film by Nora Ephron in 2009 and starred Meryl Streep and Amy Adams.

Books in Print Supplement 2002

The House We Grew Up In Lisa Jewell 2014-08-12 When their picture-perfect Cotswold village family life with a perpetually young father and hippy mother is shattered by a tragic Easter weekend, four siblings pursue separate adult lives before a reunion reveals astonishing truths. By the author of *Before I Met You*.

Plenty Hannah Howard 2021-09 A moving reflection on motherhood, friendship, and women making their mark on the world of food from the author of *Feast*. Food writer Hannah Howard is at a pivotal moment in her life when she begins searching out her fellow food people--women who've carved a place for themselves in a punishing, male-dominated industry. Women whose journeys have inspired and informed Hannah's own foodie quests. On trips that take her from Milan to Bordeaux to Oslo and then always back again to her home in New York City, Hannah spends time with these influential women, learning about the intimate paths that led them each toward fulfilling careers. Each chef, entrepreneur, barista, cheesemaker, barge captain, and culinary instructor expands our long-held beliefs about how the worldwide network of food professionals and enthusiasts works. But amid her travels, Hannah finds herself on a heart-wrenching private path. Her plans to embark on motherhood bring her through devastating lows and unimaginable highs. Hannah grapples with personal joy, loss, and a lifelong obsession with food that is laced with insecurity and darker compulsions. Looking to her food heroes for solace, companionship, and inspiration, she discovers new ways to appreciate her body and nourish her life. At its heart, this lovely and candid memoir explores food as a point of passion and connection and as a powerful way to create community, forge friendships, and make a family.

[Why Does He Do That?](#) Lundy Bancroft 2003-09-02 In this groundbreaking bestseller, Lundy Bancroft—a counselor who specializes in working with abusive men—uses his knowledge about how abusers think to help women recognize when they are being controlled or devalued, and to find ways to get free of an abusive relationship. He says he loves you. So...why does he do that? You've asked yourself this question again and again. Now you have the chance to see inside the minds of angry and controlling men—and change your life. In *Why Does He Do That?* you will learn about: • The early warning signs of abuse • The nature of abusive thinking • Myths about abusers • Ten abusive personality types • The role of drugs and alcohol • What you can fix, and what you can't • And how to get out of an abusive relationship safely “This is without a doubt the most informative and useful book yet written on the subject of abusive men. Women who are armed with the insights found in these pages will be on the road to recovering control of their lives.”—Jay G. Silverman, Ph.D., Director, Violence Prevention Programs, Harvard School of Public Health

The Complete Adult Psychotherapy Treatment Planner Arthur E. Jongsma, Jr. 2021-05-11 The revised edition of the clinicians' time-saving *Psychotherapy Treatment Planner* Revised and updated, the sixth edition of *The Complete Adult Psychotherapy Treatment Planner* offers clinicians a timesaving, evidence-based guide that helps to clarify, simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients. The authors provide all the elements necessary to quickly and easily develop formal, customizable treatment plans that satisfy the demands of HMOs, managed-care companies, third-party payers and state and federal agencies. This revised edition includes new client Short-Term Objectives and clinician Therapeutic Interventions that are grounded in evidence-based treatment wherever research data provides support to an intervention approach. If no research support is available a best practice standard is provided. This new edition also offers two new presenting problem chapters (Loneliness and Opioid Use Disorder) and the authors have updated the content throughout the book to improve clarity, conciseness and accuracy. This important book: Offers a completely updated resource that helps clinicians quickly develop effective, evidence-based treatment plans Includes an easy-to-use format locating treatment plan components by Presenting Problem or DSM-5 diagnosis Contains over 3,000 prewritten treatment Symptoms, Goals, Objectives and Interventions to select from Presents evidence-based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists, therapists, counselors, social workers, addiction counselors, psychiatrists, and other mental health professionals, *The Complete*

Adult Psychotherapy Treatment Planner, Sixth Edition has been updated to contain the most recent interventions that are evidence-based.

Eat Like a Goddess Sandy Zeldes 2015-08-31 Don't Waste One More Second of Your Goddess Life Obsessing About Food or Your Weight! If you've struggled with Diets that don't work and instead want an easier path to losing weight that doesn't mean counting calories or sweating away hours at the gym, then this book is for you. No more diets, no more being jerked around by food or cravings. No more binge eating or reaching for those comfort foods anytime you feel emotion or tired. Eat Like A Goddess shows you how to stop wasting your precious time and energy focusing on food and your body weight. Take your life back so you can have more of who you really are and have more energy, more love and more joy.

The Adonis Complex Harrison Pope 2000 Growing numbers of young men are taking the quest for perfect muscles, skin and hair too far, crossing the line from normal interest to pathological obsession. For the first time, three of the world's leading authorities on men help us to understand and combat the frightening set of compulsive behaviours that make up the Adonis Complex. Combining colourful case studies with scientific research, they reveal a threat that is as serious as the beauty myth for women or anorexia nervosa for girls. The symptoms of this dangerous body obsession, excessive workouts, steroid abuse, eating disorders and body and muscle dysmorphic disorder (distorted body perception), lead to problems with sex and intimacy, relationships and work. In teenagers, the Adonis Complex can interfere with healthy emotional and physical development. Until now, frank discussion of this problem has been virtually taboo. At last we can hear what men really think and feel about their bodies, so that those who suffer in silence will no longer need to suffer alone.

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