



Anorexia Athletica Hypergymnasia: When Exercise Becomes an Obsession (Paperback)

By Stephanie Eissinger

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...

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