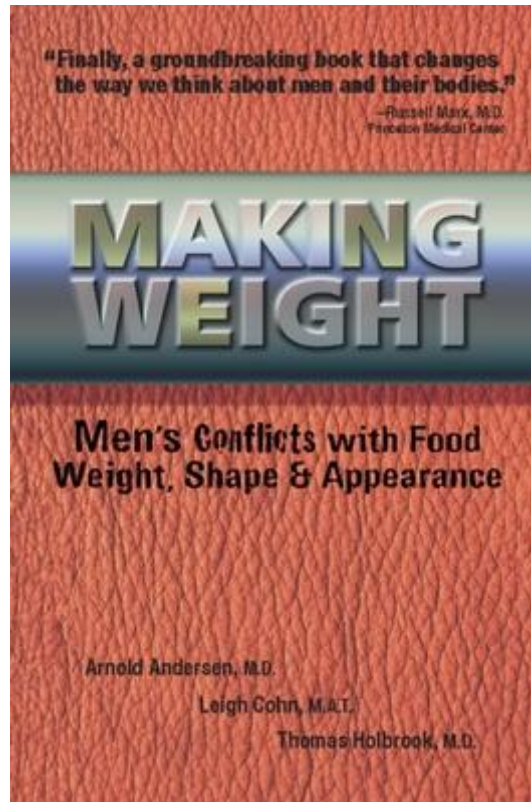


Making Weight: Men's Conflicts With Food, Weight, Shape And Appearance - , Leigh Cohn



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The negative body-image epidemic that affects millions of women is also a hidden problem for millions of men. In spite of a decade-long emphasis on health and fitness - or perhaps because of it - more men are suffering from a variety of eating disorders and self-abusive behaviors. Using vignettes from their patients, the authors present a new program to help men overcome these problems. They offer ways to enhance self-image, facts about why diets fail, information about the dangers of using steroids, and a section for women who want to help the men in their life. Author: Andersen, M.D. Arnold Author: Cohn, Leigh Author: Holbrook, M.D. Tom Publisher: Gurze Books Illustration: N Language: ENG Title: Making Weight: Men's Conflicts with Food, Weight, Shape and Appearance Pages: 00256 (Encrypted EPUB) On Sale: 2010-07-01 SKU-13/ISBN: 9780936077352 Category: Self-Help : Eating Disorders - General Category: Health & Fitness : Men's Health Category: Social Science : Men's Studies - General

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