

## CONTENTS

Acknowledgments	vii
<b>1</b> What It Is: Defining Exercise Addiction	1
<b>2</b> What It Looks Like: The Signs and Symptoms of Exercise Addiction	9
<b>3</b> Who Coined It?: A Brief History of Exercise Addiction	19
<b>4</b> How It Begins: The Origins of Exercise Addiction	31
<b>5</b> What It Does: The Short- and Long-term Health Risks of Exercise Addiction	45
<b>6</b> Why It Happens: Thinspiration's Dark Side	59
<b>7</b> What It Feels Like: Exercise Addicts' True Stories	77
<b>8</b> What to Do about It: Treatment	117
<b>9</b> How to Approach Someone with a Problem	135
<b>10</b> Frequently Asked Questions	145
Appendix A: How to Get Help: Where to Go, What to Read, and to Whom to Reach Out	163
Appendix B: Common Exercise Addiction Measures	187
Notes	195
Bibliography	223
Index	237