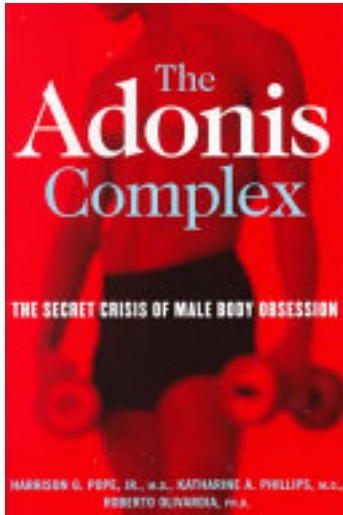


The Adonis Complex: The Secret Crisis of Male Body Obsession



The Adonis Complex: The Secret Crisis of Male Body Obsession #2000 #286 pages #0684869101, 9780684869100 #Simon and Schuster, 2000 #Harrison Pope, Katharine A. Phillips, Roberto Olivardia

In the first book to address a health crisis that is striking men of all ages, three national experts present a frank and explosive look at what men really think and feel about their bodies, offering hope to millions who are suffering in silence. More than ever, men are struggling with the same enormous pressure to achieve physical perfection that women have dealt with for centuries. From compulsive weightlifting to steroid use, from hair plugs to cosmetic surgery, growing numbers of men are taking the quest for perfect muscles, skin, and hair too far, crossing the line from normal interest to pathological obsession. This new obsession with appearance, known as the Adonis Complex, afflicts boys and men of all ages and from all walks of life. In its more severe forms, the Adonis Complex poses a health threat that is as insidious and deadly as eating disorders are for women and girls. But this groundbreaking book offers hope and help for the men caught in the oppressive cycle of body obsession. Harrison Pope, Katharine Phillips, and Roberto Olivardia reveal the

often hidden signs and symptoms of the Adonis Complex. Weightlifting and exercise compulsions: Their quest for a more muscular body can become so single-minded that men often sacrifice relationships and career goals and may even stunt their emotional and physical development. Body Dysmorphic Disorder: Unlike healthy men, those with body image problems have no idea how they really look -- and obsessively try to fix flaws that others don't notice. Boys as young as six or eight report body dissatisfaction, and as a result many suffer loss of self-esteem or depression. Eating disorders: Several million men have suffered from compulsive binge eating or from anorexia nervosa and bulimia. Countless others with milder forms of eating disorders diet and worry about being fat even when they actually look just fine. Steroid abuse: Trying to achieve increasingly unrealistic physical ideals, more than a million men -- including a large number of teenagers -- are abusing steroids. Millions more are buying billions of dollars' worth of "muscle-building" food supplements and diet aids. Creating a down-to-earth program for change, the authors introduce two original diagnostic tools. The first, a simple thirteen-question quiz, helps readers identify the extent of their body image concerns. The second, the Body Image Test, helps readers learn how they perceive their bodies and how they think others see them. Using the compelling and insightful stories of many boys and men, the authors address a wide range of topics, from coping with sex and intimacy problems and difficulties at work, to low self-esteem and shame. They also explain how to seek medication treatment and specialized forms of therapy for more extreme cases. With this book, men suffering from the Adonis Complex will have the power to change their lives.

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The Broken Mirror #Psychology #412 pages #2005 #ISBN:0195167198

#Understanding and Treating Body Dysmorphic Disorder #Explores the symptoms and causes of BDD, in which a victim is obsessed with perceived flaws in her appearance, and describes therapies used to treat the disorder
#Katharine A. Phillips
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1. Pope HG Jr, Phillips KA, Olivardia R: *The Adonis Complex: The Secret Crisis of Male Body Obsession*. New York, Free Press, 2000. 2. Fava GA: Morselli's legacy: dysmorphophobia (editorial). 13. Margo J: For Adonis, the gym is abs fabulous. 1991;17:87-96. 3. Pope HG Jr, Phillips KA, Olivardia R. *The Adonis Complex: The Secret Crisis of Male Body Obsession*. New York, NY: The Free Press; 2000. The growing commercial value of the male body: a longitudinal survey of advertising in women's magazines. *Use Among Young Athletes*, *€ Pediatrics* 108 (August 2001): 421-25; Pope, Phillips, and Olivardia, *The Adonis Complex: The Secret Crisis of Male Shape Content of Popular Male and Female Magazines: A Dose Response Relationship to the Incidence of Eating Disorders*.

In the first book to address a health crisis that is striking men of all ages, three national experts present a frank and explosive look at what men really think and feel about their bodies, offering hope to millions who are suffering in silence. More than ever. Cohane GH, Pope HG Jr: Body image in boys: A review of the literature. *Int J Eating Disord*, in press. Pope HG Jr, Phillips KA, Olivardia R: *The Adonis Complex: The Secret Crisis of Male Body Obsession*. New York, Free Press, 2000. Author Contacts. The enjoyment and frustration of this book start from the very beginning. As a lay book, it is fascinating. As a book for the scientific community, it has some problems. Adonis was a beautiful Greek youth who was a source of jealousy between the goddesses Aphrodite. Body dissatisfaction, idealized images, image exposure, advertising, self perception, social comparison, physical attractiveness, muscularity, males, men. average man, Yes, 0.44, N/A. men's body satisfaction can be negatively affected by exposure to images of ideal male bodies.