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The Adonis Complex-Harrison Pope 2000 Discusses the growing numbers of men who are taking on the quest for perfect muscles, skin, and hair too far, crossing the line from normal interest to pathological obsession.

Biology of Disease-Nessar Ahmed 2007-01-24 Biology of Disease describes the biology of many of the human disorders and disease that are encountered in a clinical setting. It is designed for first and second year students in biomedical science programs and will also be a highly effective reference for health science professionals as well as being valuable to students beginning medical school. Real cases are used to illustrate the importance of biology in understanding the causes of diseases, as well as in diagnosis and therapy.

The Muscular Ideal-J. Kevin Thompson 2007 This edited book draws on new research to provide an overview of the muscular ideal, including historical and present socioeconomic trends, assessment and measurement issues, and clinical presentation of disorders such as muscle dysmorphia. Chapters also cover related issues such as steroid use, repeated cosmetic surgery, and prevention issues.

Sport and Exercise Psychology-Aidan P. Moran 2004 Sport and exercise psychology is a rapidly expanding field both academically and professionally. Aidan Moran provides the first textbook to combine an explanation of the theoretical foundations of sport and exercise psychology with critical reviews of contemporary research and practical suggestions for relevant independent research projects. Arranged in four complementary parts, the book moves from a general discussion of the nature and role of sport psychology to explorations of individual, group and health factors affecting performance. Designed to encourage students to apply their psychological knowledge and critical thinking abilities, each chapter features a summary and boxed highlights containing questions to help students gain maximum understanding of the material.

Principles of Nutrigenetics and Nutrigenomics-Raffaele De Caterina 2019-09-22 Principles of Nutrigenetics and Nutrigenomics: Fundamentals for Individualized Nutrition is the most comprehensive foundational text on the complex topics of nutrigenetics and nutrigenomics. Edited by three leaders in the field with contributions from the most well-cited researchers conducting groundbreaking research in the field, the book covers how the genetic makeup influences the response to foods and nutrients and how nutrients affect gene expression. Principles of Nutrigenetics and Nutrigenomics: Fundamentals for Individualized Nutrition is broken into four parts providing a valuable overview of genetics, nutrigenetics, and nutrigenomics, and a conclusion that helps to translate research into practice. With an overview of the background, evidence, challenges, and opportunities in the field, readers will come away with a strong understanding of how this new science is the frontier of medical nutrition. Principles of Nutrigenetics and Nutrigenomics: Fundamentals for Individualized Nutrition is a valuable reference for students and researchers studying nutrition, genetics, medicine, and related fields. Uniquely foundational, comprehensive, and systematic approach with full evidence-based coverage of established and emerging topics in nutrigenetics and nutrigenomics Includes a valuable guide to ethics for genetic testing for nutritional advice Chapters include definitions, methods, summaries, figures, and tables to help students, researchers, and faculty grasp key concepts Companion website includes slide decks, images, questions, and other teaching and learning aids designed to facilitate communication and comprehension of the content presented in the book

Drugs in Sport-David R. Mottram 1988 With the recent major updates in worldwide anti-doping laws and changes to the prohibited and therapeutic exemption lists, this fourth edition of the bestselling *Drugs in Sport* presents authoritative, hard science information about the actions of drugs, hormones, medication and nutritional supplements in sport. Written by a well respected pharmacologist from one of the UK's leading sports science universities, this much-needed new edition of a market leader continues to focus on one of the most high profile themes in sport science, providing high quality detailed information. Some of the key issues covered include: \* The latest doping control regulations of the WADA\* the use of therapeutic drugs banned in sport\* an assessment of the prevalence of drug taking in sport.

Human Enhancement Drugs-Katinka van de Ven 2019-07-02 Despite increasing interest in the use of human enhancement drugs (HEDs), our understanding of this phenomenon and the regulatory framework used to address it has lagged behind. Encompassing public health, epidemiology, neuroethics, sport science, criminology, and sociology, this book brings together a broad spectrum of scholarly insights and research expertise from leading authorities to examine key international issues in the field of HEDs. As "traditional" and other "new" drug markets have occupied much of the academic attention, there has been a lack of scholarly focus on human enhancement drugs. This book provides readers with a much-needed understanding of the illicit drug market of HEDs. The authors, from a variety of cultural contexts, disciplines and perspectives, include both academics and practitioners. Topics explored in this collection amongst others include: • The anti-doping industry and performance and image enhancing drugs • Steroids and gender • The use of cognitive enhancing drugs in academia • The use of sunless synthetic tanning products • The (online) trade of HEDs • Regulations of the enhancement drugs market This collection will serve as a reference for students, academics, practitioners, law enforcement and others working in this area to reflect on the current state of research and consider future priorities. This detailed exploration will provide a valuable knowledge base for those interested in human enhancement drugs, while also promoting critical discussion.

Sport Psychology-David Tod 2010-08-20 Whether it's understanding how a player copes with the pressures of taking a penalty, or how a coach motivates their team, sport psychology helps us to get into the athlete's mind. In this enlightening overview, the authors integrate biological, social and cognitive approaches to investigate the impact of behaviour, thoughts and feelings on performance and help us comprehend the psychological effects of playing sports. Whatever your level of study, this wide-ranging introduction will give you a deeper understanding of the effect of key psychological principles on the experience and performance of sports.

Mental Health Nursing-at a Glance-Graham Smith 2014-11-24 Everything you need to know about Mental HealthNursing...at a Glance! From the publishers of the market-leading at a Glance series comes the perfect companion for study andrevision for pre-registration mental health nursing students. Thisbrand new nursing title is the perfect accompaniment forpre-registration nursing courses, and is the revision aid that youhave been waiting for! Divided into three sections, this book firstexplores the essential clinical skills needed by nurses, using theNMC Essential Skills Clusters as an organising framework. The second section goes on to look at common disorders andapproaches. The third section then discusses the leadership andorganisational skills required by nurses, again derived from theNMC standards. Key features: Breaks down complex aspects of mental health care in anaccessible and un-intimidating way The perfect revision and consolidation textbook Linked closely with the NMC standards for pre-registrationnursing education, and the essential skills clusters framework Explores a broad range of mental health disorders, from care ofchildren right up to care of older people Looks at mental health nursing in all settings, includingacute, forensic and community Highly visual colour presentation Includes boxes, summary boxes, reflective opportunities andcase studies to improve the learning experience

Bodybuilding, Drugs and Risk-Lee Monaghan 2002-01-04 Current popular interest in bodies, fitness, sport and active lifestyles, has made bodybuilding more visible and acceptable within mainstream society than ever before. However, the association between bodybuilding, drugs and risk has contributed to a negative image of an activity which many people find puzzling. Using data obtained from participant observation and interviews, this book explores bodybuilding subculture from the perspective of the bodybuilder. It looks at: \* How bodybuilders try to maintain competent social identities \* How they manage the risks of using steroids and other physique-enhancing drugs \* How they understand the alleged steroid-violence link \* How they 'see' the muscular body. Through systematic exploration it becomes apparent that previous attempts to explain bodybuilding in terms of 'masculinity-in-crisis' or gender insecurity are open to question. Different and valuable insights into what sustains and legitimizes potentially dangerous drug-taking activities are provided by this detailed picture of a huge underground subculture.

Conducting Systematic Reviews in Sport, Exercise, and Physical Activity-David Tod 2019-08-29 This book offers a conceptual and practical guide to the systematic review process and its application to sport, exercise, and physical activity research. It begins by describing what systematic reviews are and why they assist scientists and practitioners. Providing step-by-step instructions the author leads readers through the process, including generation of suitable review questions; development and implementation of search strategies; data extraction and analysis; theoretical interpretation; and result dissemination. Conducting Systematic Reviews in Sport, Exercise, and Physical Activity clarifies several common misunderstandings including the difference between qualitative systematic reviews and meta-analyses . Each chapter begins with a set of learning objectives focused on practical application, illustrated with examples from reviews published within the sport, exercise, and physical activity fields. Once a reader has completed all the learning activities along the way, they will have designed a systematic review and have written a protocol ready for registration. The book ends with a collection of advice from internationally regarded scientists with substantial experience in systematic reviews.

Eating Disorders-National Collaborating Centre for Mental Health (Great Britain) 2004 This guideline has been developed to advise on the identification, treatment and management of the eating disorders anorexia nervosa, bulimia nervosa, and related conditions. The guideline recommendations have been developed by a multidisciplinary group of health care professionals, patients and their representatives, and guideline methodologists after careful consideration of the best available evidence. It is intended that the guideline will be useful to clinicians and service commissioners in providing and planning high quality care for those with eating disorders while also emphasising the importance of the experience of care for patients and carers.

Sport Psychology-David Tod 2014-06-05 Sport Psychology: The Basics provides an accessible introduction to the fundamental ideas at the heart of Sport Psychology today. It examines the links between sport participants' behaviours, their personality and their environment to identify the factors which affect performance. Exploring theory and practice, it uses case studies to illustrate how key areas of theory are applied within a sport psychologist's practice, answering such questions as: What is sport psychology and what do sport psychologists do? What factors affect sporting performance? Which psychological characteristics are associated with achievement in sport? How can performance be improved by using theory? With a glossary of key terms, suggestions for further study and ideas for improving performance, Sport Psychology: The Basics is an ideal introduction for students of sport and coaches who would like to know more about how sport psychologists address questions about human behaviour in sport. Gym Culture, Identity and Performance-Enhancing Drugs-Ask Vest Christiansen 2020-06-17 This book is about gym culture, the pursuit of fit, muscular bodies and the use of drugs as a means to get there. Building on the international research literature and in-depth interviews with men who have experience of image and performance enhancing drugs (IPEdS), the book explores the fascination with muscles, motivations for using drugs to enhance them, assessments of risks, and experience of side effects. The book examines what the altered body does to the men's identity, self-image and relationships with peers and partners. Taking an evolutionary psychological approach, it also investigates the biological and psychological foundations of the fascination with the muscular body and discusses the notion of precarious manhood. Building on these analyses the book considers the political and regulatory initiatives in place to prevent the use of IPEdS and assesses those strategies' potential to reach their aims. This is essential reading for anybody with an interest in the issue of drugs in sport, the ethics of sport, sociology of sport, sociology of the body, masculinity or public health.

The Invisible Man-John F. Morgan 2008-02-15 Increasingly boys and men are suffering with eating disorders and related body image problems. Some have full-blown conditions such as anorexia nervosa, bulimia, binge eating, compulsive exercising or bigorexia. Others are distressed by slightly lesser degrees of disordered eating or over-exercise and seek ways of overcoming their problems. The Invisible Man applies the latest research to produce a practical, problem-focused self-help manual for men with eating disorders and body image problems. Divided into four sections, this evidence-based survival kit covers: the wider cultural context of male body image problems features unique to men science fact and science fiction a 7 stage approach to treatment. By combining the science of cognitive behaviour therapy with motivational enhancement and problem-solving therapies, The Invisible Man provides help to all men with body image disorders, as well as families and professionals involved in their care. Deviant Leisure-Thomas Raymen 2019-11-02 This book brings together a collection of critical essays that challenge the existing dogma of leisure as an unmitigated social good, in order to examine the commodification and marketisation of leisure across a number of key sites. Leisure and consumer culture have become symbolic of the individual freedoms of liberal society, ostensibly presenting individuals with the opportunity to display individual creativity, cultural competence and taste. This book problematizes these assertions, and considers the range of harms that emerge in a consumer society predicated upon intense individualism and symbolic competition. Approaching the field of commodified leisure through the lens of social harm, this collection of essays pushes far beyond criminology's traditional interest in 'deviant' forms of leisure, to consider the normalized social, interpersonal and environmental harms that emerge at the intersection of leisure and consumer capitalism. Capturing the current vitality and interdisciplinary scope of recent work which is underpinned by the deviant leisure perspective, this collection uses case studies, original research and other forms of empirical enquiry to scrutinise activities that range from alcohol consumption and gambling, to charity tourism; CrossFit training; and cosmetic pharmaceuticals. Drawn from researchers across the UK, US, Europe and Australia, Deviant Leisure: Criminological Perspectives on Leisure and Harm represents the first systematic attempt at a criminological consideration of the global harms of the leisure industry; firmly establishing leisure as a subject of serious criminological importance.

Body Dysmorphic Disorder-David Veale 2010-02-04 This book is a unique treatment manual which looks at the assessment of BDD, offering an treatment model in the form of CBT and pharmacotherapy Summarises the current knowledge and theoretical perspectives about BDD Covers the practical aspects of assessment, engagement, and therapy Uses a number of practical resources, including client handouts

Psychoneuroendocrinology-Owen M. Wolkwitz 2008-08-13 The mind-body connection is one of the hottest topics in medicine today, documented by enormous amounts of data regarding hormone effects on the brain and behavior. Yet it is only now -- with the debut of this thought-provoking volume -- that we find an up-to-date, sophisticated reference that focuses on the clinical relevance of behavioral endocrinology and is written for practicing clinicians and researchers. This wide-ranging volume shows how the principles and emerging findings of psychoneuroendocrinology can inform modern clinical practice and lead to new breakthroughs in future science and practice. Here, leading authorities -- internationally respected researchers and practicing clinicians -- review empirical findings in their areas of expertise, highlight the clinical significance of these findings, and provide, wherever appropriate, clinical guidelines for the management of patients. Beginning with a lively history of psychoneuroendocrinology (including its many false starts), this book continues on to discussions of the hypothalamic-pituitary-adrenal axis hormone system, the gonadal hormone system, and the thyroid hormone system from each of the three paths generally used for psychoneuroendocrinological investigation: Alterations in endogenous hormone levels observed in primary psychiatric illness Psychiatric concomitants or sequelae of hormonal dysregulation in primary endocrinological illness Behavioral effects of exogenously administered hormones or hormone antagonists (both the study of the side effects of hormonal medications and the use of hormones and hormone antagonists as psychotropic medications) An unmatched diversity of topics reveals the full breadth and depth of this volume: diabetes mellitus, corticosteroid effects on mood and cognition, Cushing's syndrome and Addison's disease, oral contraceptives and estrogen replacement therapy, psychiatric illness associated with the menstrual cycle and perimenopause, postpartum behavioral changes, anabolic/androgenic steroid use, and a thorough review of thyroid function in psychiatric disorders. Particularly fascinating are sections on the role of neuropeptides and hypothalamic-releasing factors in psychiatric illness, the use of laboratory tests and imaging procedures in evaluating hormonal function in psychiatric patients, the place of newer "alternative" hormonal medications such as melatonin and DHEA in therapeutics, and a provocative and compelling final chapter on the role stress plays in precipitating illness. Designed for both clinician and researcher-scientist, this richly informative guide will also prove an invaluable addition to graduate courses in neuroscience, neuroendocrinology, the biological basis of behavior, and consultation psychiatry. Neuroscientists/neurologists, endocrinologists, obstetricians/gynecologists, internists, family practitioners, nurses, and interested laypersons round out the wide audience of this remarkable volume. How to Become a Sport and Exercise Psychologist-Martin Eubank 2017-07-20 Whether you are an athlete suffering from nerves or someone who lacks motivation to exercise, sport and exercise psychology can help. As the discipline of psychology evolves, more and more people are training to become sport and exercise psychologists. But how do you qualify, and when you do, what is the job really like? This is the first guide to this fascinating and growing profession. It provides an overview of what the role involves, the educational qualifications and training you will need to take, and what those first few years in the job are actually like. It includes a wealth of tips on how to make the most of the opportunities available. The book also features testimonials from people currently working in the field, who reveal not only what helped them along the way, but also what they would have done differently. How to Become a Sport and Exercise Psychologist is authored by two of the leading academics within sport and exercise psychology in the UK, both of whom have a wealth of experience in the field. The guide is the perfect companion for anyone considering this exciting career. Representing Health-Martin King 2005-01-01 Representing Health addresses the importance of the media in shaping and reflecting public perceptions and attitudes to health and illness. Bodily Changes in Pain, Hunger, Fear and Rage-Walter Bradford Cannon 1920 CBT Approaches for Children and Young People-Alison Coad 2015-09-01 This thought-provoking guide offers clinicians new perspectives on the delivery of cognitive behavioural therapy (CBT) to children and young people through the highly engaging, lively medium of the case study format. The narrative case studies Alison Coad and Nick Wrycraft present give fresh insights into the ways in which various CBT approaches can be used as the foundation for highly individual treatment programmers. Central to each case is the experience and the voice of the young person and, as appropriate, those who support and care for them. This inspirational book offers innovative examples of ways in which as a clinician, you can respond to the needs of children and young people, employing evidence-based practice, while simultaneously negotiating the impact of sustained reductions in mental health service resources. The Parents' Guide to Body Dysmorphic Disorder-Nicole Schnackenberg 2020-08-21 The first book offering support for parents and carers of children and young people with Body Dysmorphic Disorder (BDD), this guidebook explains the condition as well as the impact that it may have in education settings, family life and socialisation. The guide begins by explaining how and why BDD emerges, before moving onto an exploration of how the mental health condition presents itself emotionally, psychologically, physically and behaviourally. It then offers practical advice and guidance for parents and carers on talking to their child about BDD, seeking professional treatment, considering medication, managing social media use, working with schools to build a recovery team and more. The Parent's Guide to Body Dysmorphic Disorder is an essential guidebook for parents of children of children and young people with BDD. 80/20 Running-Matt Fitzgerald 2014 "Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program--in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity--is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances"-- Running the Dream-Matt Fitzgerald 2020-05-05 The bestselling author of 8/20 Running and How Bad Do You Want It? reveals his inspiring and surprising journey to see just how fast he can go. Matt Fitzgerald has already made a name for himself in the endurance sport community with books like 80/20 Running, How Bad Do You Want It? and Iron War. He is an accomplished amateur runner, but if he follows the training, nutrition and lifestyle of an elite runner, just how fast could he go? He is approaching his mid-forties, so the time to do this is now. He at last has the financial means to do nothing but train. He accepts the goodwill of a friend who will let him crash at his apartment in the running mecca of Flagstaff, Arizona, and convinces the coach of Northern Arizona Elite, one of the country's premier professional running teams, to let him train with a roster of national champions and Olympic hopefuls for an entire summer leading in to the Chicago Marathon. The results were astounding... Filled with a vibrant cast of characters, rigorous and gut-wrenching training, Matt's knowledgeable yet self-deprecating voice allows us to vicariously live out our own fantasies of having the opportunity to go all the way. Yet for the runners Matt trains with, it's no mere fantasy, but a calling and their individual stories enrich this inspiring narrative. Running the Dream is a chance for us all to experience a bit of this rarified and wild world, and to take away pieces of this amazing journey to try to achieve our own potential. Helping Students Overcome Social Anxiety-Carrie Masia Warner 2018-03-01 Social anxiety disorder causes significant distress and academic impairment for many adolescents. This unique book gives front-line school professionals innovative, easy-to-use tools for identifying and intervening with socially anxious students in grades 6-12. It presents Skills for Academic and Social Success (SASS), a school-based intervention with demonstrated effectiveness. Case examples and sample scripts demonstrate how to implement psychoeducation, cognitive strategies, social skills training, exposure, and relapse prevention with groups and individual students. In a large-size format with lay-flat binding for easy photocopying, the book includes 22 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials. This book is in The Guilford Practical Intervention in the Schools Series, edited by T. Chris Riley-Tillman. Nutrigenetics-Martin Kohlmeier 2012-12-31 Nutrigenetics: Applying the Science of Personal Nutrition provides a fully referenced, readable guide to understanding the rationale and importance of nutrigenetic applications and explains why single nutrition recommendations will not fit everybody or even a majority of modern humans. This books explains how genetic variation shapes individual nutrition requirements and sensitivities, presents questions to ask about reported gene-nutrient interactions, and what needs to be done before putting nutrigenetic tests to practical use. This book blends key concepts from the fields of genetics, biochemistry, epidemiology, public health, and clinical medicine to give a rich perspective on the genetically diverse nutritional needs and sensitivities of individuals in health and disease. A steadily increasing number of people order genetic tests to find out what they should eat for better health, well being and performance, and an even greater number asks their healthcare providers about such tests. Most of the currently offered tests are not grounded in current knowledge, often absurdly so, but few professionals can explain why they are misguided. On the other hand, there are more evidence-supported genetic variants that can guide nutrition decisions, but again most healthcare providers know little about them, much less use them in their daily practice. There is a great need for a solidly evidence-based yet accessible book that explains the science of nutrigenetics and provides the tools to evaluate new nutrigenetic tests. Comprehensive coverage of the emerging science of nutritional genetics and its promise for individually tailored nutrition guidance Presents practical examples to enhance comprehension and spur additional research Offers a logical progression from what nutrigenetics is, to its possibilities in enhancing health Education and Disability in the Global South-Nidhi Singhal 2018-12-13 Education and Disability in the Global South brings together new and established researchers from a variety of disciplines to explore the complexities and dilemmas encountered in providing education to children and young people with disabilities in countries in South Asia and Africa. Applying a range of methodological, theoretical and conceptual frameworks across different levels of education systems, from pre-school to higher education, the contributors examine not just the barriers but also the opportunities within the educational systems, in order to make strong policy recommendations. Together, the chapters offer a comprehensive overview of a range of issues, including a nuanced appreciation of the tensions between the local and global in relation to key developments in the field, critiquing a globalized notion of inclusive education, as well as proposing new methodological advancements in taking the research agenda forward. Empirical insights are captured not just from the perspectives of educators but also through engaging with children and young people with disabilities, who are uniquely powerful in providing insights for future developments. Wilde About The Girl-Louise Pentland 2018-08-09 'Hilariously funny with depth and emotion, it's a delightful read' Heat Magazine Robin Wilde is acing life. After the year from hell, she's pulled herself up and out of The Emptiness, her love life is ticking along nicely, single motherhood is actually quite fun and she is ready for whatever life throws at her. When a thrilling opportunity to work arises, Robin is more than excited to step up and show everyone, including herself, what she's made of. But her best friend Lacey is increasingly broken-hearted about struggling to conceive, and her daughter Lyla is starting to come out with some horrible attitudes she's learning from someone at school. Is Auntie Kath hiding loneliness under her bubbly, loving veneer? And can Robin definitely trust the people she must depend on in her fab new role? And her girls have got her. Together they can handle any crisis. Can't they? Life is about to throw quite the curve ball at Robin Wilde, and she'll need to make some pretty brave choices if she's going to stop everything she cares about falling apart. . . . Get ready for the most hilarious, heart-breaking, uplifting and unforgettable novel of the year! \* \* \* Can't wait to read more from Louise Pentland? Look out for her new-fiction book, MumLife: What Nobody Ever Tells You About Being A Mum. Search 9781788702928. \* \* \* Have you met Robin Wilde yet? Praise for WILDE LIKE ME: 'Warm and engaging' Sophie Kinsella 'I'm smitten' Lindsey Kelk 'Gorgeous, witty, reassuring' Daisy Buchanan 'Funny, heartfelt, tender and empowering!' Giovanna Fletcher 'Hilarious, moving and extremely well written' Style Magazine 'If it's great big belly laughs you're after, then meet Robin Wilde' Fabulous Magazine 'This book is a winner' OK Magazine This is what you've been saying about WILDE LIKE ME: 'LOVE this book. It made me laugh and cry' 'Adored this book. Couldn't put it down' 'Robin Wilde is an amazing character and everyone should read this book!' 'I'm dying to know what happens next with Robin' 'A great pick-me-up book' 'This book made me feel so, so good!' 'Relatable, sad, funny and sweet' 'I loved it so much I passed it on to my mum' 'Anyone can relate to Robin' 'If I could give it more than 5 stars I would!' Traumatic Stress-Bessel A. van der Kolk 2012-03-12 This bestselling classic presents seminal theory and research on posttraumatic stress disorder (PTSD). Together, the leading editors and contributors comprehensively examine how trauma affects an individual's biology, conceptions of the world, and psychological functioning. Key topics include why certain people cope successfully with traumatic experiences while others do not, the neurobiological processes underlying PTSD symptomatology, enduring questions surrounding traumatic memories and dissociation, and the core components of effective interventions. A highly influential work that laid the foundation for many of the field's continuing advances, this volume remains an immensely informative and thought-provoking clinical reference and text. The preface to the 2007 paperback edition situates the book within the context of contemporary research developments. Postfeminism and Contemporary Hollywood Cinema-J. Gwynne 2013-06-28 By analyzing the negotiation of femininities and masculinities within contemporary Hollywood cinema, Postfeminism and Contemporary Hollywood Cinema presents diverse interrogations of popular cinema and illustrates the need for a renewed scholarly focus on contemporary film production. The Gendered Motorcycle-Esperanza Miyake 2018-06-14 What happens to gender at 120mph? Are Harley-Davidsons more masculine than Yamahas? The Gendered Motorcycle answers such questions through a critical examination of motorcycles in film, advertising and television. Whilst bikers and biker cultures have been explored previously, the motorcycle itself has remained largely under-theorised, especially in relation to gender. Esperanza Miyake reveals how representations of motorcycles can produce different gendered bodies, identities, spaces and practices. This interdisciplinary book offers new and critical ways to think about gender and motorcycles, and will interest scholars and students of gender, technology and visual cultures, as well as motorcycle industry practitioners and motorcycle enthusiasts. Radically Open Dialectical Behavior Therapy-Thomas R. Lynch 2018-02-15 Based on over twenty years of research, radically open dialectical behavior therapy (RO DBT) is a breakthrough, transdiagnostic approach for helping people suffering from extremely difficult-to-treat emotional overcontrol (OC) disorders, such as anorexia nervosa, obsessive-compulsive disorder (OCD), and treatment-resistant depression. Written by the founder of RO DBT, Thomas Lynch, this comprehensive volume outlines the core theories of RO DBT, and provides a framework for implementing RO DBT in individual therapy. While traditional dialectical behavioral therapy (DBT) has shown tremendous success in treating people with emotion dysregulation, there have been few resources available for treating those with overcontrol disorders. OC has been linked to social isolation, aloof and distant relationships, cognitive rigidity, risk aversion, a strong need for structure, inhibited emotional expression, and hyper-perfectionism. And yet--perhaps due to the high value our society places on the capacity to delay gratification and inhibit public displays of destructive emotions and impulses--problems linked with OC have received little attention or been misunderstood. Indeed, people with OC are often considered highly successful by others, even as they suffer silently and alone. RO DBT is based on the premise that psychological well-being involves the confluence of three factors: reactivity, flexibility, and social-connectedness. RO DBT addresses each of these important factors, and is the first treatment in the world to prioritize social-signaling as the primary mechanism of change based on a transdiagnostic, neuroregulatory model linking the communicative function of human emotions to the establishment of social connectedness and well-being. As such, RO DBT is an invaluable resource for treating an array of disorders that center around overcontrol and a lack of social connectedness--such as anorexia nervosa, chronic depression, postpartum depression, treatment-resistant anxiety disorders, autism spectrum disorders, as well as personality disorders such as avoidant, dependent, obsessive-compulsive, and paranoid personality disorder. Written for mental health professionals, professors, or simply those interested in behavioral health, this seminal book--along with its companion, The Skills Training Manual for Radically Open Dialectical Behavior Therapy (available separately)--provides everything you need to understand and implement this exciting new treatment in individual therapy--including theory, history, research, ongoing studies, clinical examples, and future directions. A History of Drug Use in Sport: 1876 - 1976-Paul Dimeo 2008-03-10 This book offers a new history of drug use in sport. It argues that the idea of taking drugs to enhance performance has not always been the crisis or 'evil' we now think it is. Instead, the late nineteenth century was a time of some experimentation and innovation largely unhindered by talk of cheating or health risks. By the interwar period, experiments had been modernised in the new laboratories of exercise physiologists. Still there was very little sense that this was contrary to the ethics or spirit of sport. Sports, drugs and science were closely linked for over half a century. The Second World War provided the impetus for both increased use of drugs and the emergence of an anti-doping response. By the end of the 1950s a new framework of ethics was being imposed on the drugs question that constructed doping in highly emotive terms as an 'evil'. Alongside this emerged the science and procedural bureaucracy of testing. The years up to 1976 laid the foundations for four decades of anti-doping. This book offers a detailed and critical understanding of who was involved, what they were trying to achieve, why they set about this task and the context in which they worked. By doing so, it reconsiders the classic dichotomy of 'good anti-doping' up against 'evil doping'. Winner of the 2007 Lord Aberdare Literary Prize for the best book in British sports history. The Ethics of Human Enhancement-Tony Coady 2016-10-20 We humans can enhance some of our mental and physical abilities above the normal upper limits for our species with the use of particular drug therapies and medical procedures. We will be able to enhance many more of our abilities in more ways in the near future. Some commentators have welcomed the prospect of wide use of human enhancement technologies, while others have viewed it with alarm, and have made clear that they find human enhancement morally objectionable. The Ethics of Human Enhancement examines whether the reactions can be supported by articulated philosophical reasoning, or perhaps explained in terms of psychological influences on moral reasoning. An international team of ethicists refresh the debate with new ideas and arguments, making connections with scientific research and with related issues in moral philosophy. Body Image Disturbance-J. Kevin Thompson 1990 Includes Obligatory Exercise Questionnaire, Teasing Assessment Scale, Body Image Anxiety Scale, and the Multidimensional Body Self-relations Questionnaire. Table 4.1 includes a listing of measures used in assessment of size estimation accuracy and subjective aspects of body image disturbance. Anabolic Steroids in Sport and Exercise-Charles Yesalis 2000 This text presents research findings on the use and abuse of steroids in sports and exercise, and information on steroid use within professional sports and among Olympic athletes. In addition, information on drug use among international student athletes, adolescents and body builders is explored. 'Race' and Sport-Kevin Hylton 2008-08-01 Critical Race Theory provides a framework for exploring racism in society, taking into account the role of institutions and drawing on the experiences of those affected. Applied to the world of sport, this framework can reveal the underlying social mores and institutionalised prejudices that have helped perpetuate those racial stereotypes particular to sport, and those that permeate broader society. In this groundbreaking sociological investigation, Kevin Hylton takes on the controversial subject of racial attitudes in sport and beyond. With sport as his primary focus, Hylton unpacks the central concepts of 'race', ethnicity, social constructionism and racialisation, and helps the reader navigate the complicated issues and debates that surround the study of 'race' in sport. Containing rigorous and insightful analysis throughout, the book explores key topics such as: the origins, applications and terminology of Critical Race Theory the meaning of 'whiteness' the media, sport and racism anti-racism and sport genetics and scientific racism. The contested concepts that define the subject of 'race' in sport present a constant challenge for academics, policy makers and practitioners in the development of their ideas, policies and interventions. This innovative and challenging book is essential reading for anybody looking to fully understand this important subject. A Genealogy of Male Bodybuilding-Dimitris Liakafos 2017-02-03 Bodybuilding has become an increasingly dominant part of popular gym culture within the last century. Developing muscles is now seen as essential for both general health and high performance sport. At the more extreme end, the monstrous built body has become a pop icon that continues to provoke fascination. This original and engaging study explores the development of male bodybuilding culture from the nineteenth century to the present day, tracing its transformations and offering a new perspective on its current extreme direction. Drawing on archival research, interviews, participant observation, and discourse analysis, this book presents a critical mapping of bodybuilding's trajectory. Following this trajectory through the wider sociocultural changes it has been a part of, a unique combination of historical and empirical data is used to investigate the aesthetics of bodybuilding and the shifting notions of the good body and human nature they reflect. This book will be fascinating reading for all those interested in the history and culture of bodybuilding, as well as for students and researchers of the sociology of sport, gender and the body. Applied Sport, Exercise, and Performance Psychology-David Tod 2020-04-13 Applied sport, exercise, and performance psychology practice has diversified considerably over the years, as consultants have explored various theoretical models to guide them in helping their clients. Applied Sport, Exercise, and Performance Psychology: Current Approaches to Helping Clients provides in-depth and critical coverage, from a global perspective, of the common approaches practitioners now use with clients. Chapters are supplemented with case studies showing the approaches in action. The text explores topics such as: Cognitive behavioural approaches Psychodynamics approaches Family systems theory approaches Mindfulness approaches Practitioner training and development Cultural considerations in practice Evidence-based practice This text is a vital resource for students in applied sport psychology courses, sport and exercise science courses, and psychology and counselling courses. It is also an invaluable read for practicing applied sport, exercise, and performance psychologists, as well as coaches and parents with some background in psychology.

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