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# The Body in the Mind

## Exercise Addiction, Body Image and the Use of Enhancement Drugs

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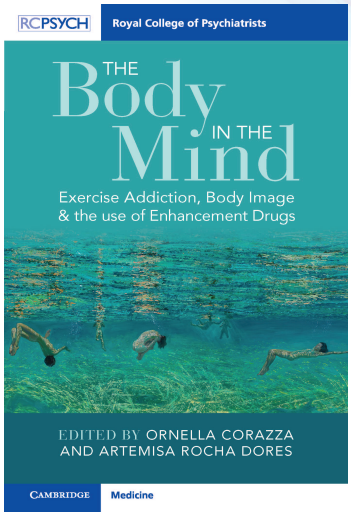


In a society that strives for appearance, fitness is increasingly viewed as a means to reach a certain aesthetic ideal, rather than a way to improve health and physical performance. Every day millions of posts appear on social media promoting a visual representation of apparently fit, healthy and 'perfect' bodies. Combining personal accounts, clinical cases, and scientific research, this book explores how such new trends in society can lead to the development of exercise addiction and body image disorders. It explains how such a concern with physical appearance can act as a precursor or be symptomatic of other conditions, such as eating disorders, mood disorders, and the use of performance and image enhancing drugs. It highlights throughout the importance of raising awareness amongst health professionals, including psychiatrists, psychologists, mental health nurses, social workers and primary care physicians, of this growing challenge to prevent harm and improve treatment.

Section 1. From exercise to addiction: an introduction to the phenomenon; 1. Exercise addiction: evolution and challenges for its recognition as a clinical disorder; 2. From exercise to addiction: the fitspirational era of image and performance-enhancement; 3. The Covid-19 pandemic: a novel risk factor for exercise addiction and related disorders; 4. Excessive exercise and image- and performance-enhancing drug use among sports disciplines and the role of mind-body training; 5. The ideal of the perfect body: appearance anxiety, excessive exercising and use of image- and performance-enhancing drugs; 6. Exercise, fitspiration and the role of social media; 7. Eating disorders and over-exercise; 8. Exercise and the use of image- and performance-enhancing drugs within the gym environment; 9. Bodybuilding, exercise and image- and performance-enhancing drug use during the Covid-19 pandemic; 10. How to treat exercise addiction: psychological interventions and new pharmacological perspectives; Section 2. Reaching the extreme with exercise: a collection of clinical case studies 11. Being versus appearing: two sides of the same coin? A case report; 12. Reducing excessive exercise behaviour using online Cognitive-Behavioural Therapy: the case of a middle-aged adult; 13. The story of my life; 14. Money Honey: an interview with an 'informed' patient; Section 3. Exploring the motivations behind exercise addiction 15. Bodybuilding saved my life; 16. An interview with James Hollingshead: exploring the balance between focus, professionalism and addiction; 17. An interview with Dave Croslands: a life with performance-enhancing drugs; 18. Being comfortable in your own skin.

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