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Titolo	Addiction to exercise [[electronic resource]] : a symptom or a disorder? // Attila Szabo
Pubbl/distr/stampa	New York, : Nova Science, c2010
ISBN	1-61761-950-7
Descrizione fisica	1 online resource (100 p.)
Collana	Psychology research progress
Disciplina	616.85/84
Soggetti	Exercise addiction Compulsive behavior
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	From healthy to unhealthy exercise -- The concept of exercise addiction -- Common symptoms of exercise addiction -- Assessment of exercise addiction -- Motivational incentives in exercise addiction -- Models explaining exercise addiction -- The runner's high phenomenon -- Correlates of exercise addiction -- Research on exercise addiction -- Exercise addiction and eating disorders -- What we know -- What we need to know -- General conclusions.