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Nota di contenuto	Book Cover; Title; Copyright; Contents; Foreword: A practical tool and a critical mirror; Foreword; Preface; Acknowledgments; Introduction; 1 Eating disorders: Symptoms and facts; 2 The effects of abnormal eating; 3 Biological and clinical explanations of eating disorders; 4 Eating disorders, exercise and addiction; 5 Media and eating disorders; 6 Exercise and eating disorders; 7 People with eating disorders in the gym; 8 Law and professional guidelines; Physical Activity Readiness Questionnaire (PAR-Q): Sample 1; Physical Activity Readiness Questionnaire (PAR-Q): Sample 2 Appendix: Standards of care and ethical codes 9 Ethical issues; 10 Recommendations and conclusions; Notes; Index
Sommario/riassunto	Eating disorders (EDs) have become a social epidemic in the developed world. This book addresses the close links between EDs and exercise, helping us to understand why people with EDs often exercise to

excessive and potentially harmful levels. This is also the first book to examine this issue from an ethical and legal perspective, identifying the rights and responsibilities of people with EDs, their families and the fitness professionals and clinicians that work with them. The book offers an accessible account of EDs and closely examines the concept of addiction. Drawing on a wide ran
