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Autore	Szabo Attila <1950->
Titolo	Addiction to exercise : a symptom or a disorder? / / Attila Szabo
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ISBN	1-61761-950-7
Edizione	[1st ed.]
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.
Sommario/riassunto	This book evaluates the psychological concept of exercise addiction from a scholastically multidisciplinary perspective. The most recent developments in the area of investigation are evaluated with reference to theory and critical analysis of extant research. The book summarizes the current knowledge about the psycho-physiological nature of exercise addiction. Further, it presents the conceptual hegemony in addressing the problem of exercise addiction within the scientific community. The characteristic and most prevalent symptoms of the disorder are discussed alongside the modes of risk-assessment. Subsequently, the underlying motives and several theoretical models of exercise addiction are reviewed. Finally, the research on exercise addiction is evaluated and directions for future research are suggested. Difference is made between primary exercise addiction in which the exercise behavior is the problem and secondary exercise addiction in which exercise is used as a means in achieving another objective, like weight loss. This book concludes with two brief sections summarizing

plainly what we know today and what we still need to know about exercise addiction.

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