



The Adonis Complex: The Secret Crisis of Male Body Obsession

Harrison G. Pope Jr., Katharine A. Phillips, Roberto Olivardia

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Combining case studies with scientific research, this book reveals a threat that is as serious as the beauty myth for women or anorexia nervosa for girls. Growing numbers of young men are taking the quest for perfect muscles, skin and hair too far, crossing the line from normal interest to abnormal obsession. The symptoms of this body obsession, excessive workouts, steroid abuse, eating disorders, and body and muscle dysmorphic disorder lead to problems with sex and intimacy, relationships and work. This book shows what men really think and feel about their bodies, so no-one need suffer alone.

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