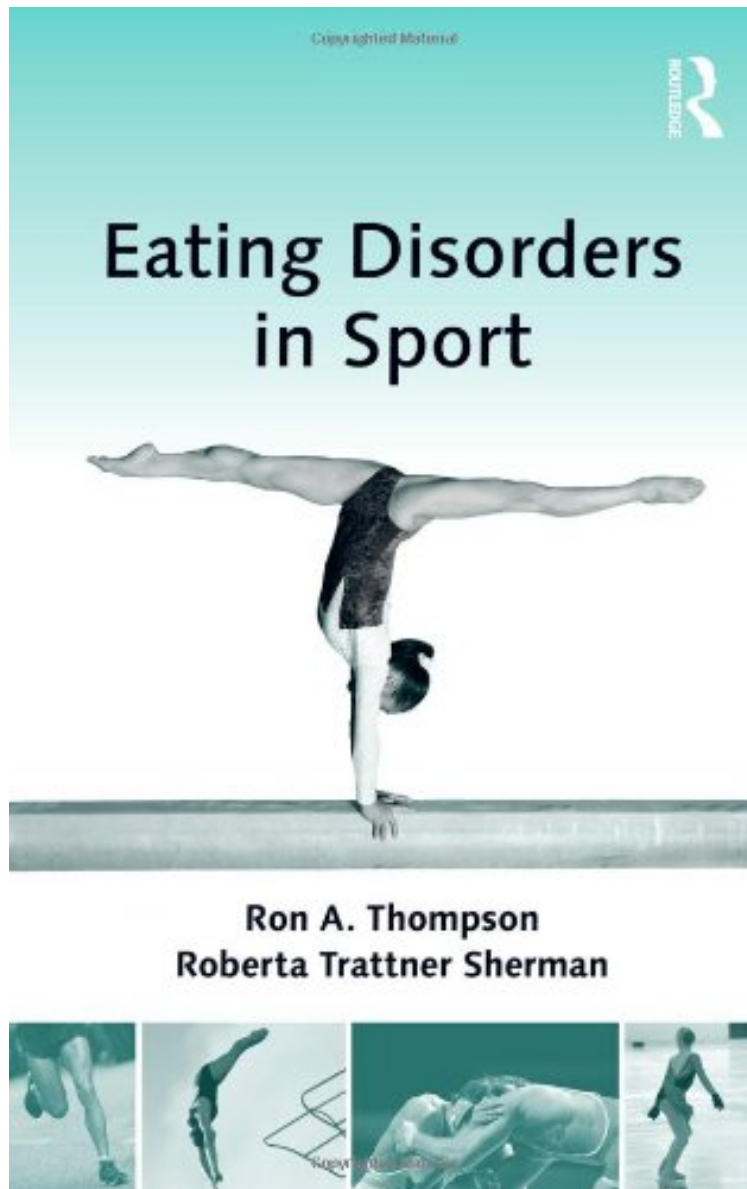


(Ebook pdf) Eating Disorders in Sport

## Eating Disorders in Sport

*Ron A. Thompson, Roberta Trattner Sherman*  
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Over the past fifteen years, there has been a great increase in the knowledge of eating disorders in sport and effective means of treatment. In this book, the authors draw on their extensive clinical experience to discuss how to identify, manage, treat, and prevent eating disorders in sport participants. They begin by examining the clinical conditions related to eating problems, including descriptions of specific disorders and a review of the relevant literature. Special attention is given to the specific gender and sport-related factors that can negatively influence the eating habits of athletes. The second half of the book discusses identification of participants with disordered eating by reviewing symptoms and how they manifest in sport; management issues for sport personnel, coaches, athletic trainers, and healthcare professionals; treatment; and medical considerations, such as the use of psychotropic medications. A list of useful resources is included in an appendix, as well as a glossary of important terms.

"With this excellent and important book, the authors remind us that there is a fine line between striving towards peak physical conditioning and harming oneself in the process. This is sure to be an invaluable tool for all medical, psychological, and sports professionals who share the common goal of ensuring the health and fitness of all competitors." — Patrick Schamasch, MD, Medical Scientific Director, International Olympic Committee  
"Once again, Ron and Roberta team up to share their wonderful expertise, insights, and knowledge to give a clear view into the confusing and often frustrating world of eating disorders in sport...I recommend this book as a wonderful resource for anyone whose life is touched by an eating disorder in any way." — Kimiko Soldati, Olympic Diver, 2004 Olympic Games in Athens, Greece  
"Thompson and Sherman have crafted the definitive opus on eating disorders and sport. Their review of the field is comprehensive, scholarly, and accessible. The wisdom they have earned through decades of clinical experience is reflected in their deep respect for professionals in both the sports and health arenas." — Cynthia M. Bulik, PhD, FAED, Jordan Distinguished Professor of Eating Disorders, University of North Carolina at Chapel Hill, USA  
"Without hesitation, I believe that *Eating Disorders in Sport* is an essential text for anyone who works with eating disorders or health issues in athletes. It is the definitive book on this topic, and Drs. Thompson and Sherman provide an invaluable summary of the most up-to-date perspectives on the intersection of the worlds of sport and eating disorders." — Angelo Celio Doyle, Ph.D., Academy for Eating Disorders Forum  
About the Author  
Ron A. Thompson and Roberta Trattner Sherman are psychologists in private practice in Indiana, USA. They have worked with sport groups such as the IOC Medical Commission and the NCAA regarding eating disorders among athletes.