



Drugs, Sex and Protein Shakes: In Pursuit of the Perfect Body (Paperback)

By Joseph Shield

Sonpollo, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Joseph Shield, a celebrity therapist, reveals why people feel self-conscious about their bodies and what strategies he uses to improve their confidence, health and well-being. Drugs, Sex Protein Shakes successfully combines personal anecdotes, scholarly research and the personal stories of three young men who share their compelling insights and experiences relating to body anxiety, social acceptance, sex, sexuality, drugs and intimacy as they attempt to create a socially desirable male physique and identity. Join Joseph as he skillfully answers the questions: What is a desirable body? What are young men prepared to do to achieve it? And what affect does it have on their day-to-day lives? Drugs, Sex Protein Shakes will: * Increase your self-awareness and help you to understand the behaviour of others. * Help you to understand how the media and your friends shape your perceptions of who you are. * Teach you how to maintain a healthy mind and body. * Improve your confidence and decrease feelings of body anxiety. An eloquent and well-researched deconstruction of the male and the joys and perils of self-objectification; as lean and sinewy body and oxygenated...



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