



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

Joseph Shield

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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 as the muscles that inspire it

– Ian Kearner NY Times best-selling Author

About Joseph Shield

Joseph Shield is a groundbreaking therapist, researcher and writer with an interest in exploring the ways that people perceive and construct their own realities. His work explores and unravels people's behaviour within a socio-psychological and historical context in order to help explain to the reader the reasons why we behave the way that we do, and how we can overcome the behaviours that prevent us from achieving our goals.

Drugs, Sex and Protein Shakes: In Pursuit of the Perfect Body Details

Date : Published August 18th 2015 by Sonpollo (first published August 6th 2015)

ISBN :

Author : Joseph Shield

Format : Kindle Edition 158 pages

Genre :

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From Reader Review Drugs, Sex and Protein Shakes: In Pursuit of the Perfect Body for online ebook

Joann TRAVIS says

I found this book more geared towards men and their body image and the use of steroids to make your body more likable.....

Peter Venero says

A fascinating account for how young men see and experience their bodies, who they are, what they stand for and who they want to be. This book certainly helped me to reflect and understand my own body anxieties. A must read.

Joseph Shield says

An excellent read for anyone who has ever experienced feeling anxious about their body image - insightful and informative.

Trevor Pearson says

<https://bindblottyandcajole.com/2017/...>

Peter says

A fascinating account for how young men see and experience their bodies, who they are, what they stand for and who they want to be. This book certainly helped me to reflect and understand my own body anxieties. A must read.
