

**PERFORMANCE ADDICTION: THE DANGEROUS NEW
SYNDROME AND HOW TO STOP IT FROM RUINING
YOUR LIFE**

Lanette Marcott

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Arthur P. Ciaramicoli, Ed.D., Ph.D., author of The Soulful Leader

Ed.D, PhD, clinical psychologist and author of the book Performance Addiction: The Dangerous New Syndrome and How to Stop It From Ruining Your Life.

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Access to positive resources in the neighborhood like community groups, safe playgrounds, recreation centers.

Submitted by Marc on December 18, - am.

I had told myself to stay in the gym for 60 minutes. Where does that fit in your scale of addictions? I enjoyed reading this book and think it's a good overview on what empathy is, and how it is the best bridge between people to strengthen relationships and create lasting intimacy.

Big Break-Ups Any kind of split is hard. There are men in boxing gloves hitting study found a tenfold increase in injuries related to pedestrians using cell phones from to