

**Health / Balance Resources**  
*Wellness Center Newsletter*

**EBOOKS**

**Truth about Exercise Addiction**

- Description: Illustrates the symptoms and dangers of obsessive exercise with true stories from sufferers, all while exploring why and how such a seemingly healthy behavior morphs into a dangerous means of self-destruction. Readers to gain a greater understanding of what exercise addiction looks and feels like and resources to address it.
- Access Link: <https://tinyurl.com/y5jzuk7l>
- Link to Book Cover: [https://images-na.ssl-images-amazon.com/images/I/51DSotmcehL\\_SX329\\_BO1,204,203,200\\_.jpg](https://images-na.ssl-images-amazon.com/images/I/51DSotmcehL_SX329_BO1,204,203,200_.jpg)

**Running with Robins: My Obsession with Exercise**

- Description: The inspirational story of one woman's recovery from addiction to running. Recovery wasn't an easy road but now she's stronger than ever and living a much more fulfilling life.
- Access Link: <https://tinyurl.com/yxjenbh4>
- Link to Book Cover: <https://m.media-amazon.com/images/I/41H6Wmdm4vL.jpg>

**STREAMING VIDEOS**

**Get in Shape (for real this time)**

- Description: Six TED talks on sticking to health in a kind and effective way.
- Access Link: [https://www.ted.com/playlists/218/get\\_in\\_shape\\_for\\_real\\_this\\_time](https://www.ted.com/playlists/218/get_in_shape_for_real_this_time)

**Feel Calm: Natural Remedies for Anxiety**

- Description: Examines powerful natural remedies for anxiety. It offers valuable tips from best-selling authors, medical professionals, and experts in nutrition, exercise, meditation, and more.
- Access Link: <https://tinyurl.com/y6ct7y4t>

**ARTICLES (JOURNAL, MAGAZINE, OR NEWS)**

**Passion for Exercise: Passion's Relationship to General Fitness Indicators and Exercise Addiction**

- Source: International journal of exercise science
- Description: The current study demonstrated differences between passion types (i.e., harmonious passion, obsessive passion, no passion) in terms of physical fitness, risk of exercise addiction, frequency of exercise, and perceptions of exercise.
- Access Link: <https://digitalcommons.wku.edu/ijes/vol12/iss5/2/>