

ANNOTATION SHEET

The Steroid Deceit: A Body Worth Dying For?

by Jeff Rutstein

Whether for cosmetic purposes or for an athletic edge, steroid use among teens is growing. Parents are often blind to the threat; kids see it as an expedient means to a more cut body or better athletic performance. But steroids not only harbor a host of side effects, they also are often a gateway drug.

A recovered steroid abuser himself, Jeff Rutstein shares the story of his descent into use and the uphill battle he faced with recovery. Rutstein's graphic tale is an effective backdrop to the real lessons of the book: the reasons why kids turn to steroids; signs of steroid abuse; a handle on dealing with the topic for parents; an honest explanation of the dangers of steroid abuse for kids.

At a time when sports figures and Hollywood hunks are setting the bar for performance and looks ever higher with their own steroid use, parents, educators, counselors, clergy, any one involved with the care and nurture of teens, and teens themselves, will find this honest and important book both educational and inspiring.

"This book provides some ugly truth. And, no, it's not as pretty as pictures of smiling bodybuilders with huge shoulders and massive pecs, but I don't want it to be. What I'm going to do is pull back the "muscle curtain" and show you the world of steroids, letting you see what is illusion, and what is truth."

~ Jeff Rutstein

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