

WHAT PEOPLE ARE SAYING ABOUT Steroids and *The Steroid Deceit: A Body Worth Dying For?*

Jeff takes us behind the veneer of muscles and gives us a personal look at the insidious hold that steroids had on his life. I would strongly recommend The Steroid Deceit: A Body Worth Dying For? to any young person who is using steroids or considering using them, and to parents worried that their children might be using steroids.

- Harrison G. Pope, Jr., M.D.
Professor of Psychiatry, Harvard Medical School

I wish that we had been able to read something like this before we lost Taylor.

- Donald Hooton
Chairman, The Taylor Hooten Foundation

At a time when the use of steroids appears to be at an unprecedented level among young men and women, Jeff Rutstein's book, The Steroid Deceit, helps to clarify the risks associated with the use of these substances in a powerful and effective format. This is a great reference for schools, educators, and coaches. I highly recommend it.

- Alexander Vuckovic, M.D.
Professor of Psychiatry, Harvard Medical School
Medical Director, Pavilion at McLean Hospital

The important aspect of this issue is that high school kids all over America believe that this is the only way they can make it. Ask any high school coach. This is the tragedy of steroids. And we all know that it will destroy a young person's body. And that's why we've got to bring this to a halt.

- Sen. John McCain, R-AZ
Fox News Sunday

The Steroid Deceit takes us beyond "buff" bodies and toned physiques and explores the dark side of anabolic steroids. Jeff Rutstein's personal story was truly moving and hard to put down. As a clinical psychologist this book should serve as a reference to every high school and college throughout the country.

- Subhash Mukherjee, Ph.D.
Administrator, Baldpate Hospital

Jeff Rutstein's book The Steroid Deceit: A Body Worth Dying For? is a must for at risk athletes, coaches and parents. Rutstein shares his gut wrenching, personal experience on how he got off of the steroid merry-go-round and the ultimate price it paid on his body.

-Mimi Stoneburner
Host of *Body Talk*