



Little Girls in Pretty Boxes: The Making and Breaking of Elite Gymnasts and Figure Skaters

Joan Ryan

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In this disturbing book, sports columnist Ryan exposes the tarnish beneath Olympic gold as she reveals heartbreaking stories of the physical and psychological abuse suffered by countless young girls driven to achieve Olympic medals. In harrowing detail, Ryan documents the preponderance of abuse, eating disorders, weakened bones, and damaged psyches that are often the result of intensive training. 16-page photo insert.

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