

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

Kathrine Ausburn

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and author of Performance Addiction: The Dangerous New Syndrome and How to Stop it from Ruining Your Life. His book describes in depth.

He also authored Performance Addiction: The Dangerous New Syndrome and How to Stop It from Ruining Your Life (Wiley), The Curse of the Capable.

Performance Lifestyle (PL) is a type of curriculum and support service for achiever-type people. Focusing on stress and fatigue management, its purpose is to help high achievers maintain a healthy work-life balance. Performance Addiction—The Dangerous New Syndrome and How to Stop it from Ruining Your Life.

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I'm fat. Perhaps you just haven't been fully exposed to some of these instances of extreme gaming behavior? Unfortunately, these comments don't let me include URLs, but if you google "APA division 46" then go under "publications" you should be able to find that pretty easy.

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Were they hypercritical of every move you made? Patricia Erickson and Bruce Alexander surveyed the research and found that fewer than 10 percent of cocaine addicts continued their addictions for substantial periods.

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