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Inseam 32" | 81cm   Shoe 13 US | 48 EU   Hair Brown   Eyes Brown



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By MATT GAGNE, NILES RAYMER, and DAN SIMMONS  
 Photographs by ROBERT MAXWELL

# Mirror, mirror, on the gym wall

Cultural expectations about manhood are fueling a silent epidemic of eating disorders and body image disturbance in men across the country. Can you recognize the warning signs? Do you see any of them in yourself?

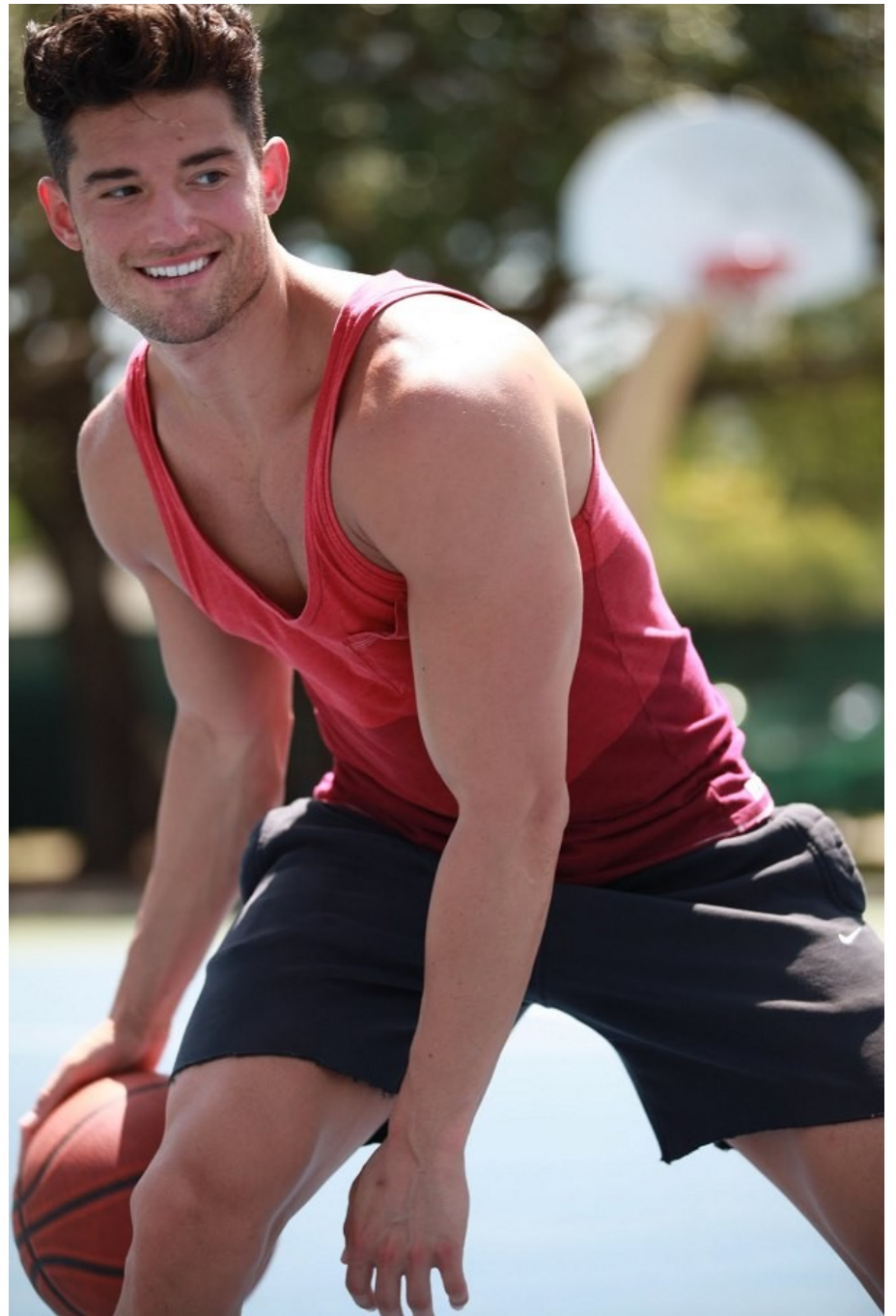
Chris Marvin had a secret morning ritual that he practiced in college. Sunlight creeping through drawn shades, he'd roll out of bed around 7 a.m. with a pounding head. After making sure his door was locked, he'd rummage through drawers and the depths of his mini fridge. Then, on a white marble desk that would have been pristine if not for the Thrasher and Mayhem stickers, he'd line up everything he needed to get through the day. →

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 MANAGEMENT





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