



## 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. →

MEN'S HEALTH 57 MAY 2016



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**CGM**  
CAROLINE GLEASON  
MANAGEMENT



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