



Advisor's Preface

Exceedingly informative and useful material. As trainers and coaches, or as family or friends, Module Eight: Performance Enhancing Drugs, covers with dignity, science and compassion one of the most challenging areas we face in educating and assisting athletes as they move forward in their performance excellence and life. In this module Cory Holly effectively integrates the broad swath of in-depth information required to equip the CSNA to address the social, emotional, health, science, pharmaceutical and moral issues that underpin the effective resolutions for their clients.

Presented in an easy to read, non-judgmental style, readers are guided to think the issues through themselves as they soak up the science and health information. Loaded with details, backed with references, the author maintains an effective, highly readable mix of science-based information, while drawing on thought provoking commentary and personal examples from professionals in the field. The result is a thoroughly enjoyable learning experience for the reader, reinforced by clear practical examples anchored on real-life experiences.

Module Eight

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