



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

By Joan Ryan

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From starvation diets and debilitating injuries to the brutal tactics of tyrannical gymnastics guru Bela Karolyi, "Little Girls in Pretty Boxes" portrays the horrors endured by girls at the hands of their coaches and sometimes their own families. An acclaimed expose that has already helped reform Olympic sports -- now updated to reflect the latest developments in women's gymnastics and figure skating -- it continues to plead for sanity, safety, and an end to our national obsession: winning at any cost.

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