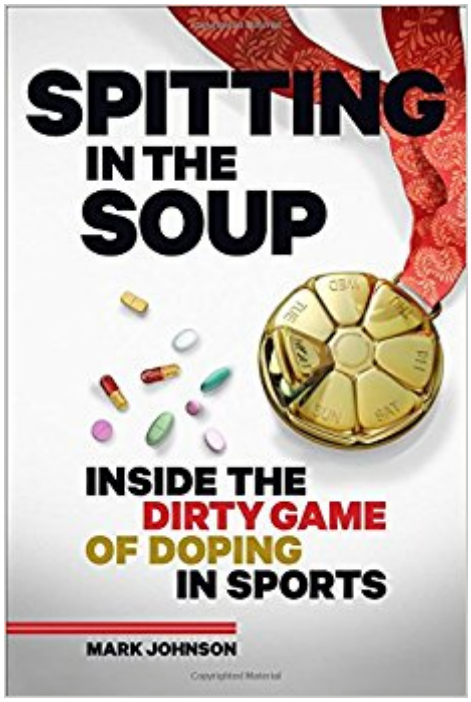
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Spitting In The Soup: Inside The Dirty Game Of Doping In Sports



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Synopsis

Doping is as old as organized sports. From baseball to horse racing, cycling to track and field, drugs have been used to enhance performance for 150 years. For much of that time, doping to do better was expected. It was doping to throw a game that stirred outrage.Today, though, athletes are vilified for using performance-enhancing drugs. Damned as moral deviants who shred the fair-play fabric, dopers are an affront to the athletes who donÃ¢â ¬â„¢t take shortcuts.But this tidy view swindles sports fans. While we may want the world sorted into villains and victims, putting the blame on athletes alone ignores decades of history in which teams, coaches, governments, the media, scientists, sponsors, sports federations, and even spectators have played a role. The truth about doping in sports is messy and shocking because it holds a mirror to our own reluctance to spit in the soupÃ¢â ¬â ¢that is, to tell the truth about the spectacle we crave.In Spitting in the Soup, sports journalist Mark Johnson explores how the deals made behind closed doors keep drugs in sports. Johnson unwinds the doping culture from the early days, when pills meant progress, and uncovers the complex relationships that underlie elite sports cultureÃ¢â ¬â ¢the essence of which is not to play fair but to push the boundaries of human performance.ItÃ¢â ¬â„¢s easy to assume that drugs in sports have always been frowned upon, but thatÃ¢â ¬â„¢s not true. Drugs in sports are old. ItÃ¢â ¬â„¢s banning drugs in sports that is new. Spitting in the Soup offers a bitingly honest, clear-eyed look at why thatÃ¢â ¬â„¢s so, and what it will take to kick pills out of the locker room once and for all.

Book Information

Hardcover: 320 pages

Publisher: VeloPress (July 1, 2016)

Language: English

ISBN-10: 1937715272

ISBN-13: 978-1937715274

Product Dimensions: 6 x 1.5 x 9 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 18 customer reviews

Best Sellers Rank: #125,311 in Books (See Top 100 in Books) #72 inÃ Â Books > Sports & Outdoors > Miscellaneous > Sociology of Sports #407 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #11081 inÃ Â Books > Self-Help

Customer Reviews

"Hard-hitting, comprehensive, and highly readable." --Pez Cycling News"May go down as the most important book on doping ever written...A stunning education, one that has dashed previous beliefs and begun to frame doping and our attitudes on it as part of the evolution of human thought. It's a fantastic work." Ã Â --Red Kite PrayerÃ Â "A dose of Gladwellian counter-intuitive paradigm-shifting, challenging your perception of today's anti-doping system." --Podium Cafe, Top 10 Cycling Books of 2016Ã Â "A great summation of the history of drug use in sports. Johnson uses academic rigor combined with a journalist's grind-it-out research and solid, accurate writing to give us a fast-moving history." --Boulder Daily Camera"Riveting." "Gives us a much more balanced view of how we've come to the way we view drugs in sports today." --Diane Jenks, The Outspoken Cyclist Radio Show"A magnificent new book....A treasury of info about drugs in sports." --Peter Ney, author ofÃ Â Hearts of Lions: The History of American Bicycle Racing"A fine book. I was not sure one person could wrestle such material into a single narrative. However, Johnson pulled it off with grace and talent. I am impressed. This will certainly be a book I use in my courses and recommend to all interested parties." --John Gleaves, Professor of Kinesiology, California State University Fullerton and Co-Director for the Center for Sociocultural Sport and Olympic ResearchÃ¢â ¬Å“JohnsonÃ¢â ¬â„¢s book explores the history of doping in sports, going back 150 years.Ã¢â ¬Â• Ã¢â ¬â ¢ MenÃ¢â ¬â„¢s JournalÃ¢â ¬Å“This may go down as the most important book on doping ever written. A fantastic work.Ã¢â ¬Â• Ã¢â ¬â ¢ Red Kite PrayerÃ¢â ¬Å“Mark Johnson is a long-time, in-the-trenches cycling journalist whose many years of reporting shine through in his book. JohnsonÃ¢â ¬Â¦ uses academic rigor combined with a journalist’s grind-it-out research and solid, accurate writing to give us a fast-moving history.Ã¢â ¬Â• Ã¢â ¬â ¢ Mike Sandrock, Daily CameraÃ¢â ¬Å“Johnson’s book shows that doping is so intertwined with sports that it will take a long time for Olympic athletes Ã¢â ¬â ¢ and their federations Ã¢â ¬â ¢ to quit using drugs to win.Ã¢â ¬Â• Ã¢â ¬â ¢ Public Radio InternationalÃ¢â ¬â„¢s The WorldÃ¢â ¬Å“Mark Johnson takes the subject of anti-doping as his focus and serves up a dose of Gladwellian counter-intuitive paradigm-shifting, challenging your perception of today’s anti-doping system. . . A rewarding readÃ¢â ¬Â• Ã¢â ¬â ¢ Feargal McKay, Podium CafÃƒÂ©, The Top 10 Cycling Books of 2016Ã¢â ¬Å“In Spitting in the Soup, Mark Johnson argues that blaming only the athletes ignores larger cultural influences; teams, coaches, sports federations, and even spectators play a role. He also points to the problem of singling out the use of performance-enhancing drugs in a society in which Prozac and Adderall are prescribed routinely.Ã¢â ¬Â• Ã¢â ¬â ¢ Publishers WeeklyÃ¢â ¬Å“In his new book, Spitting in the Soup, Mark Johnson dives into the history of performance-enhancing drugs and investigates the political,

commercial, medical, social, and athletic currents that have shaped our attitudes toward them.Ã¢â ¬Â• Ã¢â ¬â ¢ VeloNews magazineÃ¢â ¬Å“ItÃ¢â ¬â„¢s readable, itÃ¢â ¬â„¢s compelling, itÃ¢â ¬â„¢s thought provoking. Mark Johnson will have you questioning your critical thinking skills.Ã¢â ¬Â• Ã¢â ¬â ¢ David Halfpenny, Bicycles Network AustraliaÃ¢â ¬Å“Spitting in the Soup is fantastic, but then you would not expect less from Mark Johnson. I am in no way a scholar of doping, but I have always figured my personal experience within the sport of cycling would qualify me as a bit of an expert in its culture of doping. MarkÃ¢â ¬â„¢s book introduced me to history I didnÃ¢â ¬â„¢t know and colored in a lot of story gaps elsewhere. IÃ¢â ¬â„¢ve always believed that cycling is more beautiful warts-and-all, with full disclosure, without revisionist history, and without plastic surgery. The topic of doping in sports is not a black-and-white issue, no matter how much so many people want it to be that simple. Spitting in the Soup only strengthens that feeling for me. Every fan of cycling should read it.Ã¢â ¬Â• Ã¢â ¬â ¢ Joe Parkin, author of A Dog in a Hat and Come and GoneÃ¢â ¬Å“Spitting in the Soup is a hard-hitting, comprehensive, and highly readable analysis of the varying societal and historical forces driving our love-hate relationship with sports and dopingÃ¢â ¬Â¦ ItÃ¢â ¬â„¢s is a fascinating book that should be of interest to anyone heavily invested in sports, whether as an athlete, coach, sport scientist, or fan.Ã¢â ¬Â• Ã¢â ¬â ¢ Pezcyclingnews.com Ã¢â ¬Å“Spitting in the Soup takes us on a deep dive into the evolution of the problem and what it has done to the sports we love.Ã¢â ¬Â• Ã¢â ¬â œ Dr. Mark Shapiro, Explore the SpaceÃ¢â ¬Å“Suspend all your previous thoughts about Lance Armstrong, Floyd Landis, and Tyler Hamilton! Mark JohnsonÃ¢â ¬â„¢s new book helps us find answers to doping questions and also gives us a much more balance view of how weÃ¢â ¬â„¢ve come to the way we view drugs in sports today.Ã¢â ¬Â• Ã¢â ¬â ¢ Outspoken CyclistÃ¢â ¬Å“Shocking.Ã¢â ¬Â• Ã¢â ¬â ¢ Jason Saltmarsh, SaltmarshRunning .comÃ¢â ¬Å“A good, thought-provoking read. Prepare to have your ideals challenged.Ã¢â ¬Â• SingletrackÃ¢â ¬Å“Challenging.Ã¢â ¬Â• Ã¢â ¬â ¢ 220 TriathlonÃ¢â ¬Å“I was not sure one person could wrestle such material into a single narrative, but Johnson should feel proud and satisfied with Spitting in the Soup.Ã¢â ¬Â• Ã¢â ¬â ¢ John Gleaves, Associate Professor of Kinesiology, California State University Fullerton; Co-Director of the International Network for Humanistic Doping Research; Co-Director for the Center for Sociocultural Sport and Olympic Research; Conference Chair for the International Association for the Philosophy of Sport

Spitting in the Soup offers a bitingly honest, clear-eyed look at the dirty game of doping in sports.

If US based sports organizations were truthful, they'd be more forthright and be better ambassadors for their sports. Instead they turn a blind eye to win at all costs. Good insightful read.

Very interesting book on the double standards of doping in the sports world.

A great read. Covers sport's dark past on supporting and then condoning PED use. Primarily looks at Track and Field, along with cycling. The curtains of the Almoghty OZ have been pulled back. ZW

Excellent read. A must read for anyone interested in the history and myriad interpretations associated with PED's.

Refreshing flip side view of the doping issues. Very balanced. Shame it was not longer. Engaging assessment.

This book should be required reading for all kinesiology or exercise physiology students.

A thorough and insightful look at not just PED's but drug use in our country. Non-judgmental assessment of performance enhancement, which in an unexpected sense is refreshing. The dirty business of drugs isn't limited to sports performance. This book is well written and such an eye opener.

This is a great book, I recommend this to all my friends.

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