



## Sports Heroes, Fallen Idols

*Stanley H. Teitelbaum*

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On the court and on the field they are the world's winners, exhibiting a natural grace and prowess their adoring fans can only dream about. Yet so often, off the field our sports heroes lose their perspective, their balance, and ultimately their place. In a work as timely as the latest fracas on the basketball court or the most recent drug-induced scandal in the dugout, Stanley H. Teitelbaum looks into the circumstances behind many star athletes' precipitous fall from grace.

In his psychotherapy practice, Teitelbaum has worked extensively with professional athletes and sports agents—work he draws on here for insight into the psyche of sports figures and the off-the-field challenges they face. Considering both historical and current cases, he shows how, in many instances, the very factors that elevate athletes to superstardom contribute to their downfall. An evenhanded and honest look at athletes who have faltered, Teitelbaum's work helps us see past our sports stars' exalted images into what those images—and their frailty—say about our society and ourselves.

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