

1. Record Nr.	UNINA9910139501503321
Autore	Carless David <1970->
Titolo	Sport and physical activity for mental health [[electronic resource] /] / David Carless and Kitrina Douglas
Pubbl/distr/stampa	Chichester, West Sussex, : Blackwell, 2010
ISBN	1-4443-4820-5 1-282-69033-7 9786612690334 1-4443-2494-2 1-4443-2495-0
Descrizione fisica	1 online resource (193 p.)
Altri autori (Persone)	DouglasKitrina
Disciplina	612.044 612/.044
Soggetti	Sports - Psychological aspects Exercise - Psychological aspects Mental illness - Exercise therapy Recreational therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Sport and Physical Activity for Mental Health; Contents; Acknowledgements; Credits; Introduction; Part I: Setting the scene; 1 A background to mental health and physical activity; 2 A narrative approach to mental health research; Part II: Understanding physical activity and sport in mental health; 3 Personal stories of sport, physical activity and mental health; 4 Rebuilding identity through sport and physical activity; 5 Action, achievement and relationships; 6 Physical activity as a stepping stone in recovery; Part III: Practice and provision of physical activity and sport 7 The culture of physical activity and sport8 Women in sport and physical activity; 9 Social support for participation; 10 Practitioner perspectives; 11 A story from practice; References; Index
Sommario/riassunto	With approximately 1 in 6 adults likely to experience a significant mental health problem at any one time (Office for National Statistics),

research into effective interventions has never been more important. During the past decade there has been an increasing interest in the role that sport and physical activity can play in the treatment of mental health problems, and in mental health promotion. The benefits resulting from physiological changes during exercise are well documented, including improvement in mood and control of anxiety and depression. Research also suggests that socio-cultural a

2. Record Nr.	UNISA996390958603316
Autore	Bohme Jakob <1575-1624.>
Titolo	Two theosophicall epistles [[electronic resource]] : wherein the life of a true Christian is described, viz. what a Christian is; and, how he cometh to be a Christian. Together, with a description, what a titular Christian is; and what the faith and life of both of them is. Whereunto is added, a dialogue between an enlightened and a distressed soule. // By Jacob Bohmen. Written to a good friend of his, in a Christian brother-like and member-like admonition and good intention. Lately Englished out of the German language
Pubbl/distr/stampa	London, : Printed by M.S. for B. Allen, and are to be sold at his Shop, at the Crown in Popes-head Alley, 1645
Descrizione fisica	[2], 127, 130-132 p
Soggetti	Christian life
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	The words "what a Christian .. be a Christian." are bracketed together on title page. Annotation on Thomason copy: "may 2d". Reproductions of the originals in the Bodleian Library (Early English books) and the British Library (Thomason Tracts).
Sommario/riassunto	eebo-0158
