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Nota di contenuto	Introduction to lifestyle psychiatry / Douglas L. Noordsy, M.D -- Physical exercise and the brain / Joseph Firth, Rebekah Carney -- Exercise and the management of major depressive disorders -- Physical exercise in the management of anxiety disorders and obsessive-compulsive disorder / Neil A. Rector, Margaret A. Richter, Bethany Lerman -- Exercise as a potentially useful component of posttraumatic stress disorder treatment / Matthew J. Friedman -- Physical exercise in the management of schizophrenia spectrum disorders -- Shuichi Suetani / Davy Vancampfort -- Physical exercise in cognitive protection and management of neurocognitive disorders / J. Kaci Fairchild, Christie Mead, Laura Dunn -- Exercise and addiction / Anna Lembke, Amer Raheemullah -- Physical activity in the management of attention-deficit/hyperactivity disorder / Erin Schoenfelder, Tyler Sasser, Mark A. Stein -- Physical exercise in the management of autism spectrum disorders / Jananai Venugopalakrishnan, Antonio Hardan -- Yoga and Tai Chi for people with psychiatric disorders / Michelle Guo, Michael E. Thase, Anup Sharma -- Mindfulness and meditation in the management of psychiatric disorders / Lynn Yudofsky, David Spiegel -- Diet and nutrition in the prevention and adjuvant treatment of psychiatric disorders / Jonathan Burgess -- The gut-brain axis and microbiome in psychiatric disorders / Emeran A. Mayer, Hyo Jin Ryu -- Managing sleep

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