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Autore	Otto Michael W
Titolo	Exercise for mood and anxiety : proven strategies for overcoming depression and enhancing well-being // Michael W. Otto and Jasper A. J. Smits
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Descrizione fisica	1 online resource (246 p.)
Altri autori (Persone)	SmitsJasper A. J
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Soggetti	Mood (Psychology) Anxiety Exercise therapy Exercise - Psychological aspects
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	About this book -- Exercise works for your mood -- Why exercise programs fail -- The forest before the trees : the truth about motivation -- Directing your thoughts for exercise success -- Planning your exercise routine -- The exercise prescription -- Enjoying yourself during exercise -- Rewarding yourself after exercise -- Diversifying your exercise routine -- Extending your achievements : an active and fit life.
Sommario/riassunto	Exercise has long been touted anecdotally as an effective tool for mood improvement, but only recently has rigorous science caught up with these claims. There is now overwhelming evidence that regular exercise can help relieve low mood-from feelings of stress and anxiety to full depressive episodes. With Exercise for Mood and Anxiety, Michael Otto and Jasper Smits, well-known authorities on cognitive behavioral therapy, take their empirically-based mood regulation strategy from the clinic to the general public. Written for those with diagnosed mood disorders as well as those who simply need a

