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8 KEYS TO MENTAL HEALTH THROUGH EXERCISE (PAPERBACK)



WW Norton Co, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. We all know that exercise is good for physical health. Improved fitness has been proven to increase longevity and stave off illness. Recently, there has been a wealth of data proving that exercise also contributes to overall mental well-being. Routine exercise alleviates stress and anxiety, moderates depression, relieves chronic pain, and improves self-esteem. Christina G. Hibbert, an expert on women's mental health, grief and...

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- Authored by Christina Hibbert
- Released at 2016

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