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Exercise Beats Depression (Paperback)

By Jim Johnson

Dog Ear Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Depression is a disabling condition which can adversely affect a person s work, sleep, eating habits, and family life-as well as one s overall health. Unfortunately, while commonly used treatments can be highly effective, they may not be ideal for everybody. For instance, some drugs have unwanted side-effects, and many people are turned off by the social stigma of going to therapy. Money can be an issue as well. This is the point of Exercise Beats Depression. It is not a substitute for medical therapy, but rather represents another option that can be used alone or in combination with other treatments to effectively lower or eliminate the symptoms of depression. Based entirely on randomized controlled trials, Exercise Beats Depression is a simple, yet effective program that can be done in the privacy of one s home with minimal cost or equipment. Exercise sheets are also included to help guide the reader through the step-by-step plan. Jim Johnson, P.T. is a physical therapist who has spent over eighteen years treating both inpatients and outpatients with a wide range of pain and mobility...



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