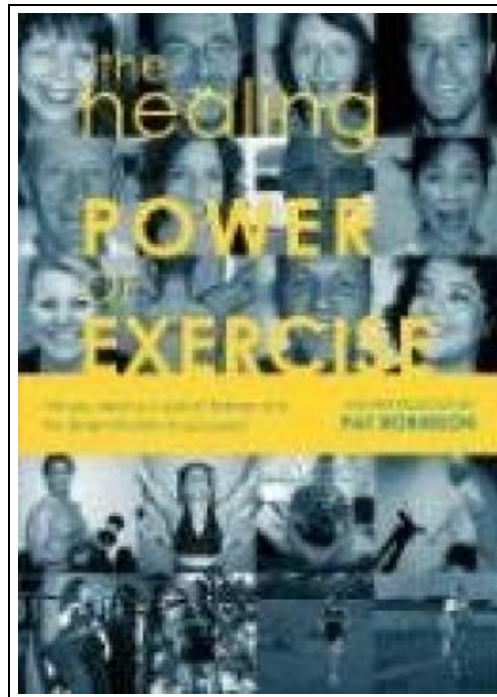


The Healing Power of Exercise



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THE HEALING POWER OF EXERCISE



Best Global Publishing. Paperback. Condition: New. 72 pages. Dimensions: 11.4in. x 8.0in. x 0.2in. By Pat Robinson ISBN: 978 1846930485 Published: 2007 Pages: 72 Key Themes: self esteem Description Depression is one of the most common health problems of modern times. At least one in six of us will suffer from it at some point in our lives. This book is about ordinary people who have enhanced - and in some cases transformed - their lives through regular exercise. The contributors to this anthology talk openly and frankly about their experiences and their triumph over depression, drug and alcohol addiction, eating disorders, grief, HIV and low self-esteem. Their stories are positive and inspirational, demonstrating that even if you have reached rock bottom mentally, there is a way upward. About the Author Pat Robinson lives in Nottingham where she works primarily with clients with learning difficulties and/or mental health problems. She has also worked in prisons and with drug and alcohol abusers, using drama as a form of therapy. Having suffered depression since the age of thirteen, Pat took up running in her early fifties to help her get through a particularly bad patch. Amazed by the incredible sense of release that it gave, she is now a dedicated runner having completed thirteen marathons and four triathlons to date. The black dog has never completely disappeared, but when I see it coming I know I can chase it away! She compiled this anthology in the hope that others might be inspired to take up exercise as a cheap and effective way of combating many of the symptoms of depression This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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