



Conquering Depression and Anxiety Through Exercise

By Keith Johnsgard

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One out of every two Americans will suffer from some mental disorder during their lifetimes, with depression being the most common problem. How do most of us cope? Usually, we turn to overeating, drinking, and smoking. In short, we treat our unhealthy mental reactions to the American lifestyle with even healthier physical habits.

Clinical psychologist Keith Johnsgard — an inveterate runner who is in his 70's! — proposes a better solution in this uplifting book. Why not turn to exercise — one of the healthiest aspects of American lifestyle — as a means of improving not just our physical well-being but our state of mind as well? Though usually associated with losing weight and physical fitness, exercise does in fact offer many mental health benefits. Johnsgard inspires us to put on a pair of sneakers and start moving. He draws from a lifetime of clinical experience, research on the psyche of the athlete, and personal experience as an athlete to make a convincing case that exercise can greatly enhance our mental outlook. Further, physical activity decreases the symptoms of depression as well as psychotherapy and drugs, and with only positive side effects! Exercise not only reduces depression and anxiety, but also boosts your energy level and self-esteem.

If depression and anxiety have overshadowed your life, or you just want to improve your mental outlook while enhancing your physical fitness, this book is a superb motivator to help you help yourself through the healthiest, least expensive, and simplest method available.

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Conquering Depression and Anxiety Through Exercise By Keith Johnsgard Bibliography

- Sales Rank: #1025739 in Books
- Brand: Brand: Prometheus Books
- Published on: 2004-04-01
- Released on: 2004-04-01
- Original language: English
- Number of items: 1
- Dimensions: 8.40" h x .70" w x 5.40" l, .93 pounds
- Binding: Paperback
- 305 pages

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Editorial Review

From Publishers Weekly

It is generally accepted in the mental-health community that exercise can be an antidote to depression. Nor is it much in dispute that exercise is beneficial to one's overall health. So it's rather odd that Johnsgard, professor emeritus of psychology at San Jose State University, insists on declaring that the connection between good mood and exercise is new. Nonetheless, his volume is a useful consideration of the evidence; it presents experimental studies and case studies that trace the role of exercise in elevating mood, as well as studies comparing the effect of exercise with other forms of treatment, such as talk therapy and medication. Getting into more specific questions, he cites evidence that aerobic and anaerobic exercise are equally effective, even for the most severely depressed. In terms of the relative efficacy of exercise and Zoloft, he offers only one study (and of only this one drug) as evidence that exercise has longer-lasting effects in elevating mood than the drug. While Johnsgard is a proselytizer, he's not dogmatic—he acknowledges that exercise alone is not always enough to deal with depression or anxiety, that it should be used in conjunction with psychotherapy, and that in some cases it just isn't effective. The author examines how to motivate oneself to exercise, how to exercise well, and how to deal with the possible risks of exercise. Covering all the relevant issues makes this a very useful handbook for anyone suffering from depression or anxiety. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"...tackles an important and intensely studied subject...worthwhile..." -- *Pacific Northwest, The Seattle Times Magazine, Sept. 12, 2004*

About the Author

Keith Johnsgard, Ph.D. (Los Gatos, CA), is emeritus professor of psychology at San Jose State University and the author of the *The Exercise Prescription for Depression and Anxiety*. He has been a contributor to *Runner's World* and an expert commentator, who has appeared on the CBS Winter Olympics (1994), Dateline NBC, the Lifetime Channel, the Learning Channel, A & E, and the BBC.

Users Review

From reader reviews:

Jose Campbell:

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William Medellin:

The experience that you get from *Conquering Depression and Anxiety Through Exercise* is the more deep you excavating the information that hide inside the words the more you get interested in reading it. It doesn't mean that this book is hard to recognise but *Conquering Depression and Anxiety Through Exercise* giving you joy feeling of reading. The writer conveys their point in certain way that can be understood by simply anyone who read it because the author of this publication is well-known enough. This specific book also makes your own personal vocabulary increase well. It is therefore easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having that *Conquering Depression and Anxiety Through Exercise* instantly.

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