



Conquering Depression and Anxiety Through Exercise

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 unhealthier 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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