



Physical Activity and Psychological Well-Being

Stephen H. Boutcher

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The 'feel-good' effect of physical activity is widely reported among participants. *Physical Activity and Psychological Well-Being* represents a research consensus on the relationship between physical activity and aspects of mental health, providing an overview of the case for the role of exercise in the promotion of psychological well-being. Topics covered include:

- * anxiety and stress
- * depression
- * mood and emotion
- * self-perceptions and self-esteem
- * cognitive functioning and ageing
- * psychological dysfunction

This book is invaluable reading for students and researchers working in the exercise, sport and health sciences, and for health and clinical psychologists. It is also a foundation text for health promotion and health service professionals, particularly those working in the area of mental health.



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