



Exercise and the Mind: The Possibilities for Mind-Body-Spirit Unity (Paperback)

By Paul J Kiell

BREAKAWAY BOOKS, 2010. Paperback. Condition: New. Language: English . Brand New Book. *Exercise and the Mind* is a literary and scientific look at the notion of a healthy mind in a healthy body. Dr. Paul J. Kiell quotes philosophers, poets, and novelists through the ages, remarking on how exercise improves mood, heightens intellectual faculties, and stimulates creativity; and how it decreases anxiety, fear, and anger. The degree of change it can bring about is at times astonishing. Dr. Kiell explores the transcendent value of sport and exercise--the notion of mind-body-spirit unity--with a solid foundation of scientific fact and literary reference. He provides an accessible scientific elucidation of the body's natural endorphins and monoamines and other biochemical agents. Ultimately, he concludes that the brain chemicals are mere messengers proclaiming the presence of an indomitable human spirit. This is a book for all who seek strength in body and mind. It's for intelligent athletes who wish to know more about how and why they enjoy their sport as much as they do. It has immense practical value for people suffering from mild to moderate depression who would benefit from adding exercise to their lives, and for creative minds who wish...

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