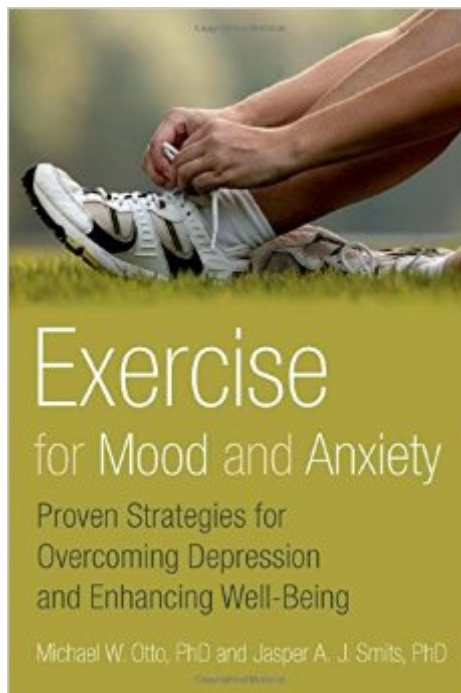


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# Exercise For Mood And Anxiety: Proven Strategies For Overcoming Depression And Enhancing Well-Being



## Synopsis

Exercise has long been touted anecdotally as an effective tool for mood improvement, but only recently has rigorous science caught up with these claims. There is now overwhelming evidence that regular exercise can help relieve low mood-from feelings of stress and anxiety to full depressive episodes. With *Exercise for Mood and Anxiety*, Michael Otto and Jasper Smits, well-known authorities on cognitive behavioral therapy, take their empirically-based mood regulation strategy from the clinic to the general public. Written for those with diagnosed mood disorders as well as those who simply need a new strategy for managing the low mood and stress that is an everyday part of life, this book provides readers with step-by-step guidance on how to start and maintain an exercise program geared towards improving mood, with a particular emphasis on understanding the relationship between mood and motivation. Readers learn to attend carefully to mood states prior to and following physical activity in order to leverage the full benefits of exercise, and that the trick to maintaining an exercise program is not in applying more effort, but in arranging one's environment so that less effort is needed. As a result readers not only acquire effective strategies for adopting a successful program, but are introduced to a broader philosophy for enhancing overall well-being. Providing patient vignettes, rich examples, and extensive step-by-step guidance on overcoming the obstacles that prevent adoption of regular exercise for mood, *Exercise for Mood and Anxiety* is a unique translation of scientific principles of clinical and social psychology into an action-based strategy for mood change.

## Book Information

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## Customer Reviews

NOTE: I received a free copy of this book to review for the web site Metapsychology Online Reviews; you can read a more complete version of my review on that site. In this book, psychologists Michael Otto and Jasper Smits present a comprehensive, action-based approach for using exercise as a means to manage mood. In particular, they give much attention to one's motivation for exercise, focusing on the idea that although it will take time to fully address symptoms of depression or anxiety, exercise can provide IMMEDIATE mood benefits. Therefore, the authors strive to help their readers make the actual experience of working out more pleasant. Otto and Smits also address other motivational factors, including preparing for low motivation and directing one's thoughts for success. Later in the book, they talk further about both increasing one's enjoyment during exercise via using mindfulness-based strategies and rewarding oneself after exercise. Another chapter centers around planning one's exercise routine. Here the authors discuss the benefits and the challenges of exercising at morning, mid-day, and in the evening. In addition, they review some common excuses not to engage in physical activity, including being too stressed, too depressed, or too bored. Otto and Smits also cover the particulars of exactly how to set up an exercise program, including choosing a fitness activity, determining an appropriate level of intensity, and keeping an exercise log. Furthermore, they encourage readers to change up their routines on a regular basis in order to remain interested and engaged in exercise. The final chapter deals with living an overall healthy lifestyle, such as being active in general, eating well, and more.

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