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## EXERCISE YOUR WAY TO HEALTH: DEPRESSION: EXERCISE PLANS TO IMPROVE YOUR LIFE





Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Exercise Your Way to Health: Depression: Exercise Plans to Improve Your Life, Debbie Lawrence, Jenny Burns, Depression is hugely common in our society. The Mental Health Foundation believes that 1 in 4 people will experience some kind of mental health problem in the course of a year, with mixed anxiety and depression being the most common. It affects 1 in 5 older people living in the community and 2 in 5...

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- Authored by Debbie Lawrence, Jenny Burns
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