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EXERCISE AND THE MIND: THE POSSIBILITIES FOR MIND-BODY-SPIRIT UNITY (PAPERBACK)



Exercise and the Mind
The Possibilities for Mind-Body-Spirit Unity
Paul J. Kiell, M.D.



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...

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- Authored by Paul J Kiell
- Released at 2010



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