

Exercise, Health and Mental Health

Emerging Relationships

"Guy and
Adrian, with
this book, have
enabled the
field to take a
step forward"

*Stuart Biddle, PhD
Professor of Exercise
and Sport Psychology,
Loughborough
University*

Edited by **Guy E J Faulkner**, University of Toronto,
Canada and **Adrian H Taylor**, University of Exeter, UK

"It's gratifying to now see interest in these important areas mature, and it's about time that someone accumulated the evidence in a way that can help guide practitioners and researchers alike. Well Done."

*Rod K. Dishman, PhD, Professor of Exercise Science,
The University of Georgia, USA*

As alternative approaches to health and social care gain wider acceptance, exercise is being adopted as a strategy for mental health promotion in a variety of settings.

Exercise, Health and Mental Health provides an introduction to this emerging field and a platform for future research and practice. Written by internationally acclaimed exercise, health and medical scientists, this is the first systematic review of the evidence for the psychological role of exercise in:

- treating and managing mental health problems including dementia, schizophrenia, drug and alcohol dependence
- coping with chronic clinical conditions including cancer, heart disease and HIV/AIDS
- enhancing well-being in the general population – by improving sleep, assisting in smoking cessation, and as a way of addressing broader social issues such as antisocial behaviour.

Adopting a consistent and user-friendly format, the research findings for each topic are summarized and critically examined for their implications. For students and researchers, this book provides an authoritative guide to current issues and future research. For exercise professionals, health practitioners and policymakers, it is a basis for the development of evidence-based practice.

Contents:

1. Exercise and Mental Health Promotion, *Guy Faulkner and Adrian Taylor* **2.** Physical Activity and Dementia, *Danielle Laurin, René Verreault, and Joan Lindsay* **3.** Exercise as an Adjunct Treatment for Schizophrenia, *Guy Faulkner* **4.** Exercise Interventions in Drug and Alcohol Rehabilitation, *Marie Donaghy and Michael Ussher* **5.** The Role of Exercise in Recovery from Heart Failure, *Ffion Lloyd-Williams and Frances Mair* **6.** Exercise and Psychological Well-being for Individuals with Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS), *William Stringer* **7.** Exercise and Quality of Life in Cancer Survivors, *Kerry Courneya* **8.** Effects of Exercise on Smoking Cessation and Coping with Withdrawal Symptoms and Nicotine Cravings, *Adrian Taylor and Michael Ussher* **9.** Exercise and Sleep, *Shawn Youngstedt and Julie Freelove-Charton* **10.** Sport, Social Inclusion and Crime Reduction, *Fred Coalter* **11.** From Emerging Relationships to the Future Role of Exercise in Mental Health Promotion, *Adrian Taylor and Guy Faulkner*

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