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## The Ultimate Prescription Harnessing the Mind-Body Connection to Relieve Depression

By John Winters

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 170 pages. Dimensions: 8.4in. x 5.8in. x 0.7in. What if there was an amazingly effective treatment for one of the biggest health issues in America today -- and it didn't cost a penny? Here's the kicker: there is. In any given year, more than one in 10 adults in America suffers from depression, and lost productivity and medical treatment related to depression costs American businesses, insurers and taxpayers over 40 billion annually. What's largely missing from this picture is something athletes have known for years, and more recently, scientific researchers have confirmed: exercise triggers natural endorphins that elevate the mood and alleviate depression. The Ultimate Prescription aims to focus attention on the mind-body connection at the root of this major societal problem, and to inspire a fundamental reconsideration of the strategies our health care system typically relies on to treat depression. This item ships from La Vergne, TN. Paperback.

### Reviews

*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better than never, though I am quite late in starting reading this one. Your lifestyle span will probably be converted once you complete reading this publication.*

-- Dr. Kadin Hane DVM

*This publication may be worth purchasing. It was actually written quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book I actually have studied inside my personal life and can be the best ebook for actually.*

-- Frank Nienow