



# **Movement & Meaning: Managing Stress & Building Mental Strength through Exercise**

*Scott Godwin*

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## **Movement & Meaning: Managing Stress & Building Mental Strength through Exercise** Scott Godwin

We all know exercise is good for us, but “Movement & Meaning” tells the rest of the story. It's been described as "Lord of the Rings" meets a 21st century manual for stress management. Whether you're a fitness enthusiast, athlete, or totally inactive and unmotivated, this book will forever change your mindset when it comes to being mentally healthy, happy, and strong, by teaching you how to use physical activity as an antidote to stress. Times are tough, the world is changing, and Americans are increasingly struggling to cope. Movement can change your life from the inside out and this book could be the solution you need, a map to successfully navigate the world in front of you and strengthen your mind, body, and spirit for the tumultuous years to come.



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