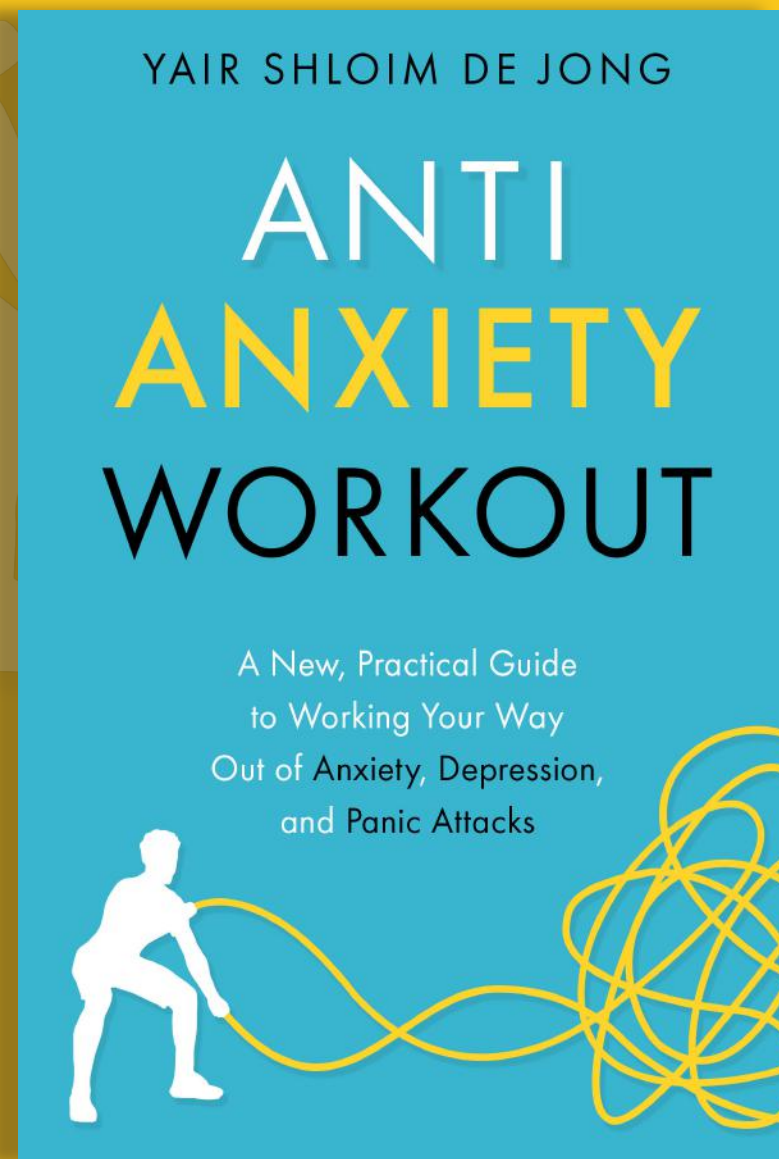




Transform Your Mental Health Through Physical Activity

When physical activity meets mental health:

A groundbreaking approach combining sports psychology and practical exercise to combat anxiety, depression, and panic attacks.

ABOUT THE BOOK

At age 23, a severe anxiety disorder brought **Yair Shloim De Jong** to his breaking point. Today, as a sports psychologist, he reveals how physical activity became his pathway to recovery – and how it can transform your mental health too.

Built on three essential pillars – community, activity, and communication – this revolutionary program integrates physical activity with mental health treatment. Drawing from both professional expertise and personal experience, De Jong offers science-backed strategies for combating anxiety, depression, and panic attacks through targeted physical exercise.

KEY SELLING

- Unique combination of mental health and physical fitness.
- Science-backed methodology with practical exercises.
- Appeals to both individuals and mental health professionals
- Perfect for corporate wellness programs
- Growing global interest in holistic wellness approaches

TARGET AUDIENCE

- Individuals struggling with anxiety and depression.
- Mental health professionals and therapists
- Personal trainers and fitness coaches
- Corporate wellness departments
- Anyone seeking practical mental health solutions

Sports Psychologist and Author

YAIR SHLOIM DE JONG



Yair Shloim De Jong holds a master's degree in sport and performance psychology and runs a successful private practice in Israel. He specializes in sports psychology and rehabilitation, working with elite athletes and sports associations. His unique approach combines academic expertise with hands-on experience in both mental health and physical performance.

SPECIFICATIONS

- Category: Mental Health/Self-Help/Fitness
- Status: Complete and available
- Rights: All rights available (except Hebrew)
- Currently published in Israel
- Available on Amazon worldwide

READER TESTIMONIALS

"A straightforward and encouraging guide that shows how physical activity can help manage anxiety and depression."



"The book provides actionable strategies and exercises to manage anxiety, depression, and panic attacks. Impressive read!"



"What distinguishes this guide is its honesty. The book's incorporation of both physical and mental activities makes it a valuable resource for people looking for a holistic approach to mental health".



"This book is a straightforward and encouraging guide that shows how physical activity can help manage anxiety and depression".

CONTACT ME

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