

# Dancing For Health: Conquering And Preventing Stress - Judith Lynne Hanna

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Dancing for Health explains the cognitive, emotional, and physical dimensions of dance in a spectrum of stress management approaches. Designed for anyone interested in health and healing, this book offers lessons learned from the experiences of people of different cultures and historical periods, as well as current knowledge, on how to resist, reduce, and dance away stress in the disquieting times of the 21st century. Author: Hanna, Judith Lynne Publisher: Altamira Press Illustration: N Language: ENG Title: Dancing for Health: Conquering and Preventing Stress Pages: 00264 (Encrypted EPUB) / 00264 (Encrypted PDF) On Sale: 2013-04-02 SKU-13/ISBN: 9780759108592 Lib Category: Stress (Psychology) Lib Category: Dance therapy Category: Health & Fitness : General Category: Performing Arts : Dance - General Category: Social Science : Customs & Traditions

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