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Jasper Smits received his Ph.D. in Clinical Psychology from the Exercise for mood and anxiety: Proven strategies for overcoming depression and enhancing well [thoughts on leadership.pdf](#)

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1. J Clin Psychiatry. 2007 May;68(5):669-76. Exercise for mood and anxiety disorders. Otto MW, Church TS, Craft LL, Greer TL, Smits JA, Trivedi MH.

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