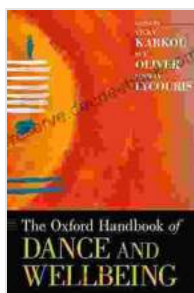


The Oxford Handbook of Dance and Wellbeing

The Oxford Handbook of Dance and Wellbeing is the definitive guide to the interdisciplinary field of dance and wellbeing. This groundbreaking volume brings together leading scholars from a variety of disciplines to explore the latest research on the psychological, physical, and social benefits of dance.



The Oxford Handbook of Dance and Wellbeing (Oxford Handbooks) by Mistress Lorelei

★★★★☆ 4.5 out of 5

Language	: English
File size	: 25215 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 1008 pages
Lending	: Enabled



Sections

The handbook is divided into four sections:

1. **Foundations:** This section provides an overview of the history of dance and wellbeing research, as well as the theoretical frameworks that underpin the field.
2. **Psychological Benefits:** This section explores the psychological benefits of dance, including its effects on mood, anxiety, depression, and self-esteem.

3. **Physical Benefits:** This section examines the physical benefits of dance, including its effects on cardiovascular health, muscular strength, and flexibility.
4. **Social Benefits:** This section discusses the social benefits of dance, including its effects on social interaction, community building, and cultural identity.

Applications

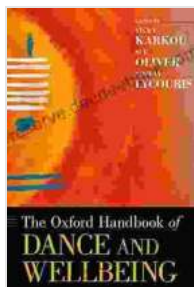
The Oxford Handbook of Dance and Wellbeing has a wide range of applications for researchers, practitioners, and policymakers. Researchers can use the handbook to learn about the latest research on dance and wellbeing, and to develop new research projects. Practitioners can use the handbook to inform their work with clients and patients, and to develop new dance-based interventions. Policymakers can use the handbook to develop policies that support dance and wellbeing programs.

The Oxford Handbook of Dance and Wellbeing is an essential resource for anyone interested in the interdisciplinary field of dance and wellbeing. This groundbreaking volume provides a comprehensive overview of the latest research on the benefits of dance, and offers a variety of applications for researchers, practitioners, and policymakers.

References

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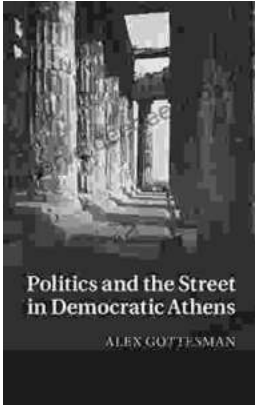
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