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covers the full range of methodology for learning to relax and deal with stress breathing deep muscle relaxation meditation visualization assertiveness coping skills managing time

this book offers strategies for living with and controlling heart disease it explains medical procedures associated with coronary events and it offers practical suggestions for coping with anxiety and making necessary personal and family adjustments immediately after a heart attack learn how to establish healthy diet and exercise habits deal with nontraditional risk factors through techniques for managing stress and for dealing with anger depression and other harmful emotions the book also discusses the special issues related to heart disease in women

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