

## Panorama Fourth Edition Workbook

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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

this workbook combines the latest medical research with proven alternative therapies to help you get rid of that pain in your neck the book offers you a step by step guide to techniques you can use to manage the complex mind body interaction that contributes to and prolongs your pain chapters contributed by a physician and a physical therapist explain how medication and physical therapy and exercise can contribute to a comprehensive self management program

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