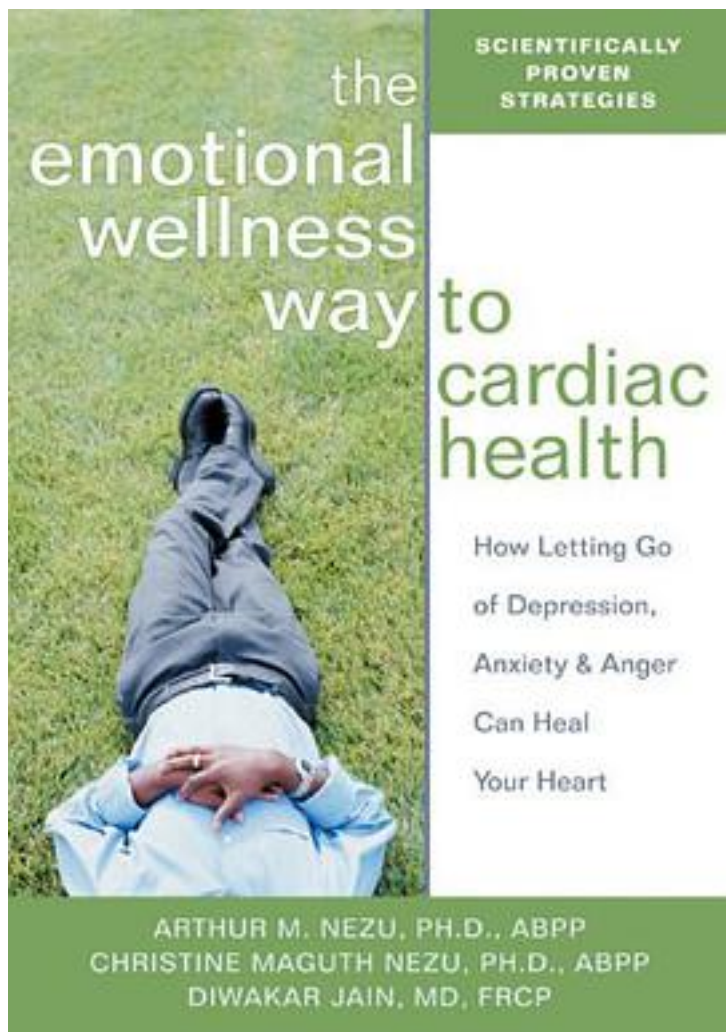


The Emotional Wellness Way to Cardiac Health



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This book discusses the different emotional issues that contribute to poor heart health

and offers readers assessment quizzes to help identify their particular problems. It then provides specific strategies for coping with issues in any of seven different areas of psychological health. The techniques include behaviour-modification exercises, relaxation and visualisation tips, and interpersonal and spiritual tools - all designed to help readers address each aspect of their emotional lives.

作者介绍:

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