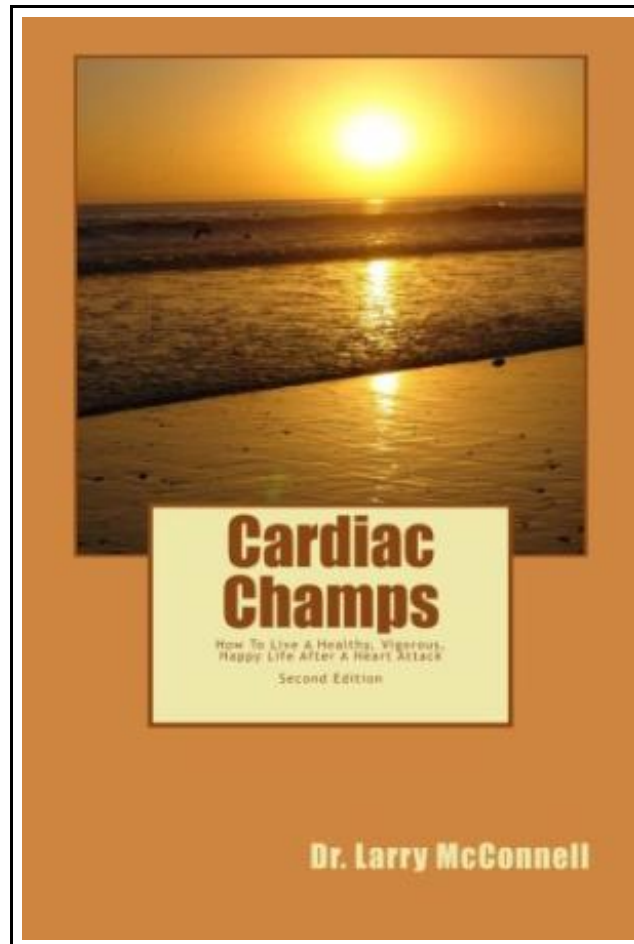


Cardiac Champs: How to Live a Healthy, Vigorous, Happy Life After a Heart Attack (Paperback)



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Reviews


Complete guide! Its this kind of very good read through. This is certainly for all who statte there was not a worthy of looking at. I am just quickly will get a delight of looking at a composed publication.
(Kacie Carroll)

CARDIAC CHAMPS: HOW TO LIVE A HEALTHY, VIGOROUS, HAPPY LIFE AFTER A HEART ATTACK (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Cardiac Champs is a self-help book that teaches people with heart disease, particularly heart attack survivors, how to live a healthy, vigorous, happy life while effectively managing the emotional turmoil that so often accompanies heart disease. This second edition of the award winning Finalist in the 2010 USA Book News Awards includes significant enhancement of the chapters on nutrition and exercise along with further suggestions to help you effectively navigate the medical system. Dr. McConnell s doctoral degree in counselling psychology from McGill University and his personal history with heart disease give him a unique perspective into the psychosocial effects of living with heart disease; a perspective he says is noticeably absent in treating the disease. He thinks the huge emphasis placed on such things as smoking cessation, cholesterol levels and prescription drugs is often at the expense of important psychosocial issues. He claims the real struggle comes with fighting anxiety and anger, trying to alter unhealthy eating patterns, coping with lifestyle disruptions, and for many, insomnia: all of which are discussed in depth in Cardiac Champs. Dr. McConnell wisely uses humour and optimism to avoid any cathartic outpouring as he maps out his program to conquer anger, chronic worry, panic attacks, poor eating habits and the perpetual fear of death. Even his treatment of traditional heart health issues such as diet and exercise is rather novel as he emphasizes choice and variety over authoritarian medical prescriptions. His unique perspective certainly comes through loud and clear when he discusses his approach to physicians, They are consultants not managers; to alcohol, Enjoy your beer; and to anger, Don t get angry, don t get mad, and don t get...

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