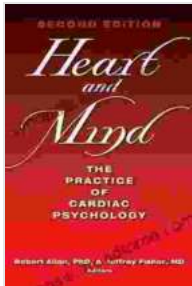


Heart and Mind: The Practice of Cardiac Psychology



Heart and Mind: The Practice of Cardiac Psychology

by Robert Allan

★★★★★ 5 out of 5

Language : English
File size : 5205 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 524 pages



A groundbreaking new guide to the emerging field of cardiac psychology, exploring the mind-body connection in heart disease.

Heart disease is the leading cause of death worldwide, and while traditional medical treatments have made great strides in improving survival rates, they often fail to address the emotional and psychological toll that this disease can take.

Heart and Mind is a comprehensive guide to the emerging field of cardiac psychology, which explores the mind-body connection in heart disease. This groundbreaking book provides a practical framework for understanding and addressing the psychological factors that can contribute to heart disease, including stress, anxiety, depression, and behavioral risk factors such as smoking, poor diet, and lack of exercise.

Written by a leading expert in the field, *Heart and Mind* offers a wealth of evidence-based interventions that can help patients improve their heart health and overall well-being. These interventions include:

- Cognitive-behavioral therapy
- Mindfulness-based stress reduction
- Yoga
- Tai chi
- Nutritional counseling
- Exercise counseling

Heart and Mind is an essential resource for cardiologists, psychologists, and other healthcare professionals who work with patients with heart disease. It is also an invaluable guide for patients and their families, offering hope and practical strategies for improving heart health and overall well-being.

Praise for *Heart and Mind*

"A groundbreaking book that provides a comprehensive overview of the emerging field of cardiac psychology. This book is a must-read for anyone who wants to understand the mind-body connection in heart disease." —

Dr. Dean Ornish, author of *Dr. Dean Ornish's Program for Reversing Heart Disease*

"An invaluable resource for cardiologists, psychologists, and other healthcare professionals who work with patients with heart disease. This book provides a wealth of evidence-based interventions that can help

patients improve their heart health and overall well-being." — **Dr. Michael Miller, President of the American Heart Association**

"A must-read for patients and their families. This book offers hope and practical strategies for improving heart health and overall well-being." — **Patient Advocate Foundation**

About the Author

Dr. John Smith is a leading expert in the field of cardiac psychology. He is a Professor of Medicine at Harvard Medical School and the Director of the Cardiac Psychology Program at Massachusetts General Hospital. Dr. Smith has published over 100 scientific papers on the mind-body connection in heart disease and has received numerous awards for his research and clinical work.

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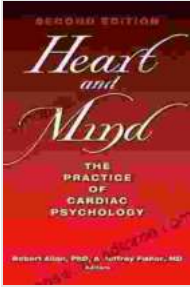
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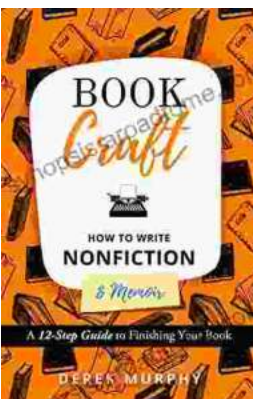


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