


[DOWNLOAD](#)


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

By Dr Larry McConnell

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....



READ ONLINE
[1.25 MB]

Reviews

Very beneficial for all type of folks. It can be rally intriguing throug studying time. You will like how the writer publish this ebook.

-- **Nathan Cruickshank**

Totally one of the better pdf I have at any time read through. It really is simplified but shocks within the 50 % from the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mariano Spinka**

Other Books



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



RCadvisor s Modify: Design and Build From Scratch Your Own Modern Flying Model Airplane In One Day for Just

Rcadvisor.com, United States, 2009. Paperback. Book Condition: New. 238 x 166 mm. Language: English . Brand New Book ***** Print on Demand *****.Experience firsthand the joys of building and flying your very own model airplane design. Put into practice the lessons from...



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.



Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet

14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever told a little white lie? Or maybe a bigger one that wasn t even white?...