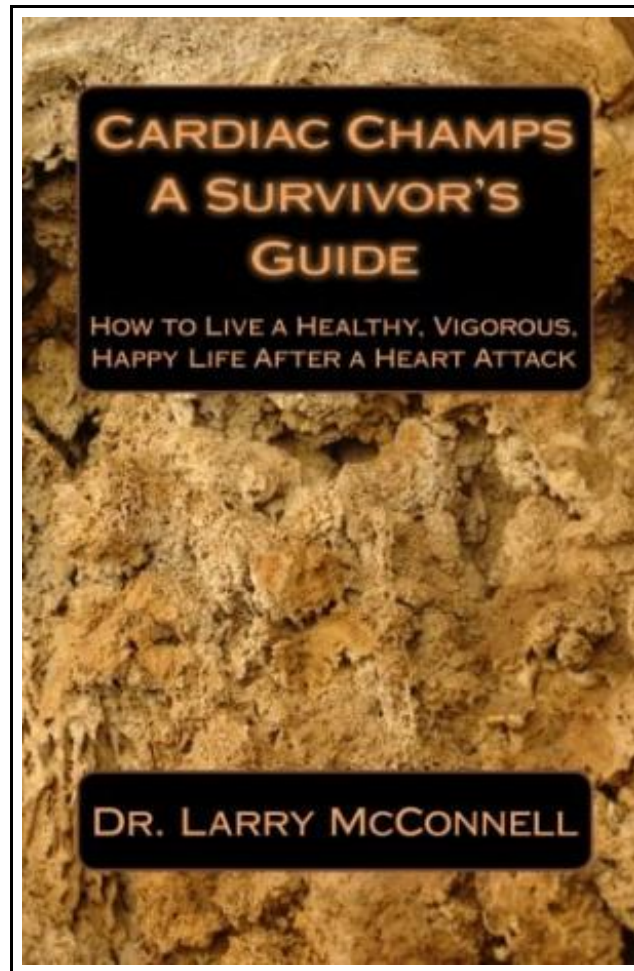


Cardiac Champs: A Survivor's Guide: How to Live a Healthy, Vigorous, Happy Life After a Heart Attack



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(Dr. Raven Ledner)

CARDIAC CHAMPS: A SURVIVOR S GUIDE: HOW TO LIVE A HEALTHY, VIGOROUS, HAPPY LIFE AFTER A HEART ATTACK

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Createspace, United States, 2010. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.Cardiac Champs was selected as an award winning Finalist in the Best Books 2010 Awards sponsored by USA Book News. It 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. 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 psychological effects of living with heart disease; a perspective that 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, anger, 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 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 even. Cardiac Champs is a must read for anyone interested in adopting a realistic plan to control the emotional luggage so often associated with the various forms of...



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