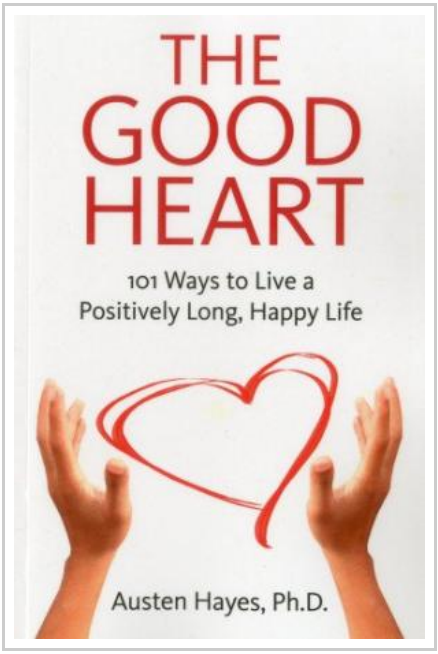



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# The Good Heart: 101 Ways to Live a Positively Long, Happy Life

By Austen Hayes

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Good Heart: 101 Ways to Live a Positively Long, Happy Life, Austen Hayes, Rooted in positive psychology, focusing on cardiac prevention and recovery, The Good Heart: 101 Ways to Live A Positively Long, Happy Life helps readers replace depression, stress and anger with self-confidence, generosity and optimism. The book, with its 101 one- to two-page tips, written in easy-to-understand language by a well-respected expert in her field, targets the millions throughout the world who suffer from some form of diagnosed cardiovascular disease, as well as those dedicated to disease prevention. This formula for providing succinct, up-to-date research-based tips helps readers quickly absorb information on how to behave, feel and think, approaching heart health in a new way - emphasizing more than exercise and diet - with changed attitude as the key to prevention and recovery. Combining information gathered from 30 years experience in cardiac psychology, hundreds of cardiac studies, and the most recent findings of both cognitive and positive-psychology literature, The Good Heart will change lives.

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### Reviews

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