



# **Heart Disease (Advances in Psychotherapy: Evidence-Based Practice) (Advances in Psychotherapy - Evidence-Based Practice)**

*Judith A. Skala, Kenneth E. Freedland, Robert M. Carney*

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Despite the stunning progress in medical research that has been achieved over the past few decades, heart disease remains the leading cause of death and disability among adults in many industrialized countries. Behavioral and psychosocial factors play important roles in the development and progression of heart disease, as well as in how patients adapt to the challenges of living with this illness. This volume in the series "Advances in Psychotherapy" provides readers with a succinct introduction to behavioral and psychosocial treatment of the two most prevalent cardiac conditions, coronary heart disease and congestive heart failure. It summarizes the latest research on the intricate relationships between these conditions and psychosocial factors such as stress, depression, and anger, as well as behavioral factors such as physical inactivity and non-adherence to cardiac medication regimens. It draws upon lessons learned from a wide range of studies, including the landmark ENRICHD and SADHART clinical trials. It then goes on to provide practical, evidence-based recommendations and clinical tools for assessing and treating these problems. "Heart Disease" is an indispensable treatment manual for professionals who work with cardiac patients.

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**From reader reviews:**

**Lisa Alaniz:**

This Heart Disease (Advances in Psychotherapy: Evidence-Based Practice) (Advances in Psychotherapy - Evidence-Based Practice) book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is information inside this guide incredible fresh, you will get data which is getting deeper you read a lot of information you will get. This kind of Heart Disease (Advances in Psychotherapy: Evidence-Based Practice) (Advances in Psychotherapy - Evidence-Based Practice) without we comprehend teach the one who studying it become critical in contemplating and analyzing. Don't be worry Heart Disease (Advances in Psychotherapy: Evidence-Based Practice) (Advances in Psychotherapy - Evidence-Based Practice) can bring when you are and not make your carrier space or bookshelves' turn into full because you can have it with your lovely laptop even phone. This Heart Disease (Advances in Psychotherapy: Evidence-Based Practice) (Advances in Psychotherapy - Evidence-Based Practice) having excellent arrangement in word and also layout, so you will not feel uninterested in reading.

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