

## Stress proof the heart: behavioral interventions for cardiac patients

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### Abstrak

Stress proof the heart presents a general picture of behavioral cardiology while focusing in depth on critical specifics. Leading experts in the field explore the psychological aspects of living with arrhythmia, intracardiac device, heart failure, and heart transplant, relating them to psychological characteristics such as pessimism and the feeling of overcommitment. Mainstream treatments, such as stress management and smoking cessation, and emerging interventions, such as computer-based therapies and personality-based techniques.