

Coping With Angina: Practical advice to help you live an active, pain-free life

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Abstrak

There are over a million angina sufferers in the UK and this is a self-help book to help them to live an active, pain-free and longer life. Attacks can be managed by controlling stress and taking a positive and healthy approach to life. Dr Louise Wallace and her colleagues at the South Birmingham Health Authority have done pioneering work on stress management and angina, and share their expertise using tips, exercises and log sheets designed to offer help and hope to the angina sufferer.