

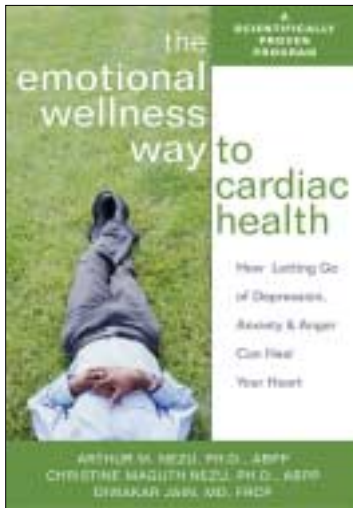
THE EMOTIONAL WELLNESS WAY TO CARDIAC HEALTH

By Arthur M. Nezu, Ph.D., ABPP, Christine Maguth Nezu, Ph.D., ABPP,
and Diwakar Jain, MD, FRCP

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FOR IMMEDIATE RELEASE



DOES EMOTIONAL WELLNESS EQUAL CARDIAC HEALTH?

New book helps readers take charge of psychological risk factors to improve heart health

Recent research supports the conventional wisdom that negative emotions, particularly depression, can hurt your heart. In their new book *The Emotional Wellness Way to Cardiac Health*, psychologists Chris and Art Nezu have teamed up with cardiologist Diwakar Jain to offer scientifically supported psychological strategies and

behavioral techniques that people can use to effectively manage the emotions that are toxic to your heart.

The Emotional Wellness Way to Cardiac Health offers readers a way to let go of the depression, anger, anxiety, and increase positive emotions associated with wellness. The strategies taught in this unique book — which include behavior-modification exercises, relaxation and visualization tips, and interpersonal and spiritual tools — will help create a powerful synergy between medical and psychological science, increasing both emotional and physical health. Readers will learn how to manage stress, heal a broken heart, reduce anxiety attacks, and bring their anger below the boiling point.

Quick Facts About Heart Disease:

- Heart disease is the number one cause of death in the U.S.
- Heart disease kills more than 500,000 women a year
- More physicians than ever are recommending stress moderation, counseling, and other psychological interventions as treatments for heart disease.
- People whose blood pressure rises under mental stress are six times more likely to have a heart attack or other severe heart event within six years than people who handle the stress more calmly.

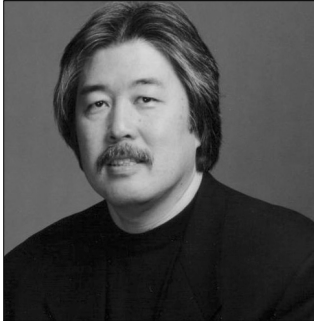
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ABOUT THE AUTHORS



Arthur M. Nezu, Ph.D., ABPP, received his doctorate in clinical psychology from the State University of New York at Stony Brook in 1979. Presently, he is Professor of Psychology, Medicine, and Public Health at Drexel University in Philadelphia, Pennsylvania (USA). Dr. Nezu has coauthored over 15 books, including *Awakening Self-Esteem* (with Christine Nezu).



Christine Maguth Nezu, Ph.D., ABPP, received her Ph.D. from Fairleigh Dickinson University, and completed her psychology residency training at Beth Israel Medical Center, Mount Sinai School of Medicine in New York City. Dr. Nezu has coauthored 13 books, including *Awakening Self-Esteem* (with Arthur Nezu). She is currently a Professor of Psychology and Associate Professor of Medicine at Drexel University in Philadelphia, PA, USA..



Diwakar Jain, M.D., FRCP, is currently Professor of Cardiology and Director of the Nuclear Cardiovascular Imaging Laboratory at Drexel University College of Medicine. Born in India, where he completed his medical school education, he subsequently completed residency and fellowship training in India, UK and in the USA. Formerly on the faculty of Yale University School of Medicine, he moved to his current position in Philadelphia in 2000.

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SUGGESTED INTERVIEW QUESTIONS

- Are certain emotions more harmful to heart health than others? Which ones?
- How can emotions like depression, anger, and anxiety hurt the heart?
- Does this mean that those suffering from depression or anxiety disorders will automatically have heart trouble, too?
- Can people really change their emotions or the way they react to stress?
- Where do the techniques in the book come from?
- How does someone reading the book on their own know which techniques are right for them?
- Most people will buy this book for preventative purposes; will this book also help someone recovering from heart trouble?
- Why do you think the connection between our emotions and our hearts is not more commonly known?

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RAVES FOR THE EMOTIONAL WELLNESS WAY TO CARDIAC HEALTH

"In spite of the breadth of evidence that emotional health can affect patient outcomes in heart disease, most cardiologists recognize neither the importance nor the treatable nature of emotional and behavior patterns that lead to worsening cardiac risk factors. This book compiles this information in a readable and practical way...it is essentially a road map to emotional health...with step-by-step techniques that can immediately benefit the patient."

—**Kim Allan Williams, MD, FACC, FCCP, FAHA**, professor of medicine and radiology and director of nuclear cardiology at the University of Chicago Pritzker School of Medicine and president of the American Society for Nuclear Cardiology

"Investigators and clinicians are becoming increasingly aware of the important role of psychological factors in the expression of heart disease. This book can help cardiac patients to better understand themselves and to develop appropriate coping strategies."

—**Barry L. Zaret, MD**, Robert W. Berliner Professor of Medicine in the Section of Cardiovascular Medicine at the Yale University School of Medicine

"*The Emotional Wellness Way to Cardiac Health* is a very readable prescription for a happier and therefore, as the authors make clear with abundant data, to a healthier life. Not only would I recommend it to my patients, but to my colleagues and family as well."

—**Jeffrey S. Borer, MD**, Gladys and Roland Harriman Professor of Cardiovascular Medicine, chief of the Division of Cardiovascular Pathophysiology, and chief of the Howard Gilman Institute, all at the Weill Medical College of Cornell University in New York City

"I highly recommended this book for anyone trying to take charge of their psychological risk factors for heart disease. It provides a practical set of tools for personal change, the effectiveness of which is well grounded in scientific evidence. Better still, the tools are organized to allow someone the flexibility to pick and chose the tools that fit best with personal goals and life style."

—**James C. Coyne, Ph.D.**, co-leader of the Cancer Control and Outcomes Program at the Abramson Cancer Center and professor of psychology in the Department of Psychiatry of the University of Pennsylvania Health System

"Successful coping with heart disease requires acquiring and using a menu of coping strategies. This book provides readers with the information and strategies necessary to overcome many of the typical challenges for heart patients and their families."

—**Samuel F. Sears, Ph.D.**, associate professor in the Department of Clinical and Health Psychology in the College of Public Health and Health Professions at the University of Florida Health Science Center

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ASK THE DOCTORS

Frequently Asked Questions About Distress

from *The Emotional Wellness Way to Cardiac Health*



You may now be more convinced that there is a strong mind-body connection between negative emotions and heart disease, but you still may have some questions about feeling distressed. The following are common questions that heart patients have asked us in the past.

Q: I had my heart attack at a time when I wasn't upset. How can stress and heart problems be related?

A. People usually don't have heart attacks immediately after eating a high-fat meal either. It is the cumulative effect of stress that is responsible for the link between negative emotions and heart disease.

Q. If I'm experiencing some emotional difficulties, such as depression or anxiety, does that mean I'm crazy?

A. Of course not! We all experience stress. Sometimes stress is a good thing when it helps energize us to do a better job or makes us alert. Many times, however, stress can be excessive and can lead to negative physical and emotional symptoms. Some people have never learned effective ways of dealing with this stress. That's what this book, in large part, is all about—learning ways to cope with the stresses of life, especially those connected with having a heart problem.

Experiencing negative stress symptoms, like depression, anxiety, headaches, or pain, is your body's way of telling you that something is going on and that you need to do something differently. It's like a red stop sign telling you to stop. When people use the word "crazy," they are usually referring to a condition where a person loses touch with reality and therefore loses the ability to function adequately on a day-to-day basis. Being depressed or anxious does not mean that at all.

At times, people who experience depression or anxiety might feel as if they are losing control, but that is much different than actually losing touch with reality. Experiencing negative physical and emotional symptoms simply means that you are human and not a robot. Some people may try to deny or avoid such feelings because they are concerned about being crazy or weak or a burden to others. Unfortunately, that's like a woman denying the existence of a lump in her breast or a man ignoring occasional minor chest pains. Both situations may turn out to be benign—or they can be quite serious. Using this guidebook may be of significant help. But you won't know until you try it. It's a good idea not to bury your head in the sand.

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ASK THE DOCTORS

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Q. If I have problems, does that mean that I'm a failure or have a weak character?

A. Experiencing emotional distress has nothing to do with being a failure or having a weak character. Depression, anxiety, and other emotional difficulties are caused by the complex interplay among various genetic, biological, psychological, and social factors. Some people have biological or physical vulnerabilities to emotional problems. Others may never have learned how to successfully deal with stress and therefore experience uncomfortable feelings or sad thoughts. Many times, the stress gets too overwhelming and usual ways of coping don't work. The notion that only weak people experience emotional problems is simply a myth. Depression and anxiety are very common problems.

Unfortunately, this type of belief can prevent you from seeking help or doing something about a problem. Going down that road just makes things worse. Actually, facing up to your problems takes strength. To think that being depressed or anxious is weak is to call people like Martin Luther, Vincent van Gogh, Ernest Hemingway, Patty Duke, Mike Wallace, and Abraham Lincoln failures because they experienced such symptoms.

Q. If I do seek help, how do I know it's going to be effective?

All of the advice contained in this book is based on years of sound scientific research and expert clinical experience. We offer specific self-help strategies and tools that are well documented as effective counseling and psychotherapy treatment approaches. Following the advice in this book (in consultation with your physician, psychologist, or counselor when necessary) can put you on the road to successfully achieving your goals. You can learn to change the way you think, feel, and behave to reach these goals.

A. I've already read many of these self-help guidebooks. Why is this one any better?

Most importantly, we wrote this book with the heart patient in mind. Although many of the tools contained in this book can be very effective for patients experiencing other medical problems (as we know from our research with cancer patients as well as those with other physical problems; Nezu et al. 1998; Nezu, Nezu, and Lombardo 2001), we developed this guidebook based on our years of experience with heart patients.

Many of the other self-help books found in your local bookstore are based on the latest fad, with little scientific evidence to support their effectiveness. In addition, many of these guidebooks are based on a single theory or on the author's experience. We have been careful to include a wide range of effective strategies based on hundreds of scientific studies. We believe in the old saying "Different strokes for different folks." Not everyone who uses this guide will find each tool to be helpful or useful for his or her own problems or circumstances. That's why we include many different tools to choose from.

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