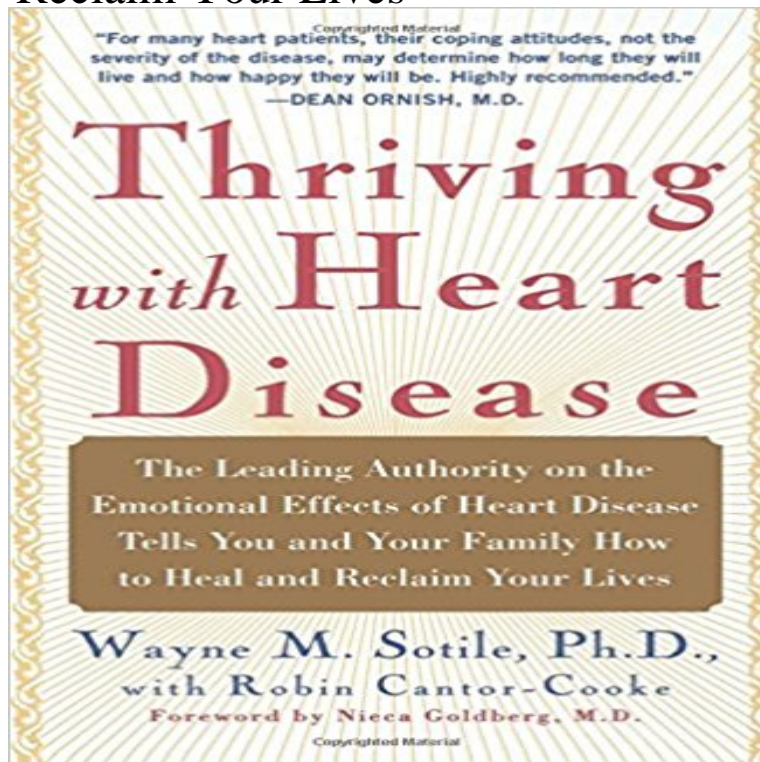


# Thriving With Heart Disease: The Leading Authority on the Emotional Effects of Heart Disease Tells You and Your Family How to Heal and Reclaim Your Lives



Not only can you survive with heart disease, you can actually thrive with it -- for many, many years to come. If you are one of the 61 million Americans diagnosed with heart disease -- whether you've had a heart attack or surgery, or you have high blood pressure or angina -- you can learn how to handle its psychological side effects with the lifesaving strategies in this book. Acclaimed cardiac psychologist Wayne M. Sotile, Ph.D., reveals what every heart patient needs to know: how you feel about the illness and how you cope with it can determine how fully you recover. Dr. Sotile teaches you how to achieve emotional well-being over the four basic stages of recovery, during which you and your family learn to accept the disease, grasp what's involved in treatment and recovery, and learn to work together as a team. You will also learn to create and adapt to a new normal way of life and make a commitment to living with the illness, not in spite of it. Written with reassuring warmth, sensitivity, and humor, *Thriving with Heart Disease* is your guide to creating the robust, healthy life you were meant to lead, surrounded by the people you love.

CONTACT US   PRIVACY POLICY   RANDOM Entrepreneurs Community Bringing real-world Entrepreneurs together. IDEAS   MARKETING   JOBS   MONEY   PERSONAL DEVELOPMENT Direct Mail ? Your Mailbox is Off Limits! June 12, 2016 By admin Leave a Comment Your letter box is untouchable. You don't own it. The minute you put your letter drop before your home, it is represented by the standards of the mail station. What's more, in the event that you utilize it for anything besides postal business (and pay the expenses), you're searching for a fight. The following is an immediate quote from the USPS' Postal Bulletin (Issue 21861, â€¦ [Read more...]) Direct Marketing ? Prospecting ? The Third Mailing is the Kicker March 13, 2016 By admin Leave a Comment Direct Marketing ? Prospecting ? The Third Mailing is the Kicker Prospect mail programs need to assemble a notoriety for themselves to be viable. I generally suggest a progression of three mailings while prospecting through standard mail. The following are my reasons. How about we first accept, be that as it may, that you've planned a successful letter and/or leaflet. Mailing #1. A few prospects will hurl your mail naturally. Most, be that â€¦ [Read more...]) Direct Marketing ? Do Not Laser Your Envelopes March 12, 2016 By admin Leave a Comment Direct Marketing ? Do Not Laser Your Envelopes Envelopes that you gone through your laser printer look delightful when they first turn out. They appear as though they've gone through a battle region, however, when the letter achieves its last destination. Here's the reason: lasers use toner which is dropped onto the paper in little raised heaps and afterward gone through a fuser which warms the "heap" at around 400 degrees â€¦ [Read more...]) Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals March 12, 2016 By admin Leave a Comment Direct Marketing ? New Move-In Lists Work Well For

Doctors and Professionals I just kept running into one of my cousins at our nearby bagel shop (breakfast is the best time and place to meet individuals and complete some early morning work). He's a podiatrist (foot specialist) and lets me know the best, best technique he's utilized so far to achieve new potential patients is through regular postal mail. He pursues a particular business sector portion â€¦ [Read more...] [Direct Marketing Restaurants ? If I Were Running a Restaurant](#) March 12, 2016 By admin 1 Comment [Direct Marketing Restaurants ? If I Were Running a Restaurant](#) On the off chance that I were running an eatery, I'd showcase my business through a few distinct roads. Notwithstanding the customary ? and essential ? neighborhood daily paper publicizing, I'd make a rundown of the living arrangements inside of a 6-piece range of my business. Everybody inside of strolling separation would get a month to month release reporting what I'm doing â€¦ [Read more...] 1 2 3 â€¦ 7 [Next Page](#) Â» [Search the site ...](#) [SEARCH ADS](#) [RECENT POSTS](#) [Direct Mail ? Your Mailbox is Off Limits!](#) [Direct Marketing ? Prospecting ? The Third Mailing is the Kicker](#) [Direct Marketing ? Do Not Laser Your Envelopes](#) [Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals](#) [Direct Marketing Restaurants ? If I Were Running a Restaurant](#) [RECENT COMMENTS](#) Brad on 3 Tips on How Not to Lose a Job Scott on [Direct Marketing Restaurants ? If I Were Running a Restaurant](#) [ARCHIVES](#) June 2016 March 2016 June 2015 May 2015 April 2015 March 2015 [CATEGORIES](#) [Ideas](#) [Jobs](#) [Marketing](#) [Money](#) [Personal Development](#) Copyright Â© 2016 Â· [Entrepreneurs Community](#)

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