



Psychotherapy for Ischemic Heart Disease: An Evidence-based Clinical Approach

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This book discusses the benefits of application of different psychotherapy techniques, in addition to optimal medical approaches, in patients with ischemic heart disease. It explains the theoretical basis for use of these techniques, discusses the scientific evidence for their efficacy, and identifies important practical issues. Detailed attention is devoted to both well-established and recently developed approaches of proven value, as well as to future applications. In addition, practical insights are provided into the most effective ways of integrating psychotherapy with medical activities in hospitals, outpatient clinics, and rehabilitation centers. The authors are world experts in the fields of psychotherapy, pharmacology, and cardiology, who collectively provide a sound foundation for an interdisciplinary approach to patients with ischemic heart disease. Psychotherapy for Ischemic Heart Disease is both a textbook and a practical manual aimed particularly at cardiologists, psychologists, psychotherapists, and psychiatrists, but also internal medicine specialists, cardiac surgeons, general practitioners, rehabilitation doctors, students, nurses, and patients.

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