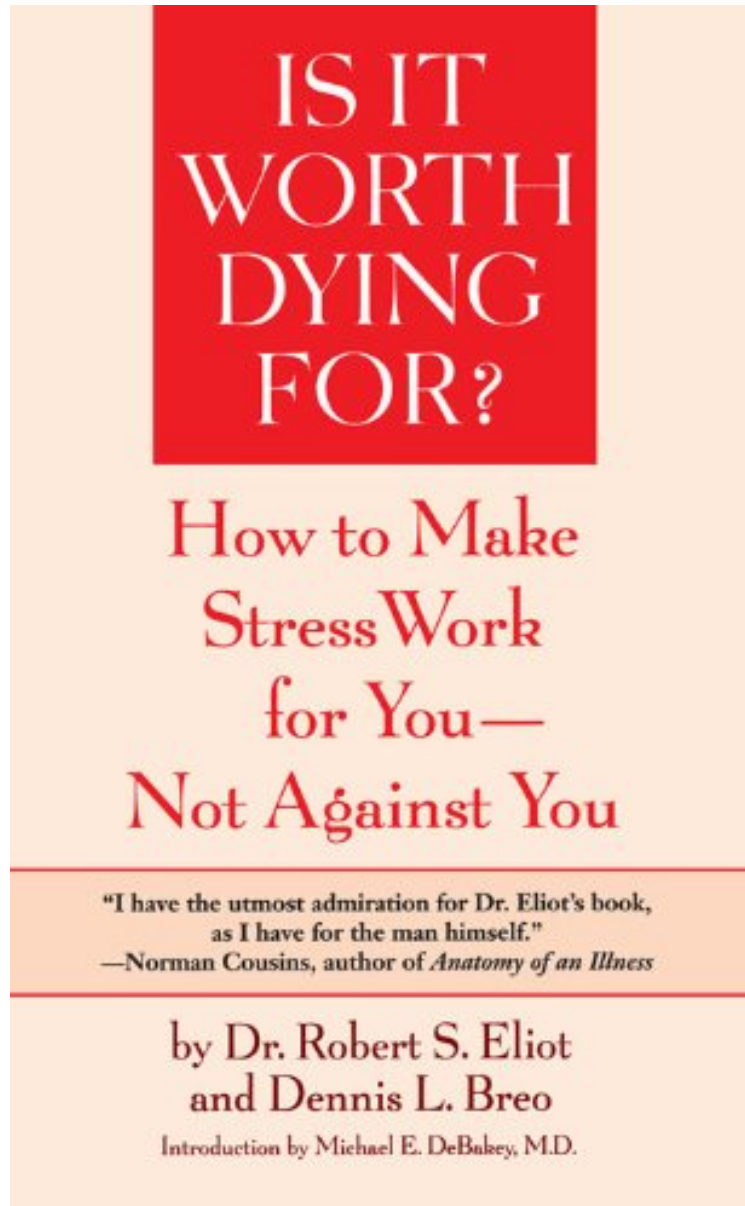


(Read free) Is It Worth Dying For?: How To Make Stress Work For You - Not Against You

# Is It Worth Dying For?: How To Make Stress Work For You - Not Against You

Robert S. Eliot, Dennis L. Breo  
audiobook / \*ebooks / Download PDF / ePub / DOC



DOWNLOAD



READ ONLINE

#248122 in eBooks 2010-04-23 2010-05-05 File Name: B003F3PKRM | File size: 76.Mb

**Robert S. Eliot, Dennis L. Breo : Is It Worth Dying For?: How To Make Stress Work For You - Not Against You** before purchasing it in order to gage whether or not it would be worth my time, and all praised Is It Worth Dying For?: How To Make Stress Work For You - Not Against You:

4 of 4 people found the following review helpful. PracticalBy FrankThis book has specific advice on lifestyle changes

to diminish the chances of a heart attack and other lifestyle-related risks. It is backed up with specific studies showing the effectiveness of the techniques described. 4 of 4 people found the following review helpful. Kept me from killing myself  
By g. r. merchant  
After a near heart attack my doctor recommended reading this book. I was a workaholic. I consider this book as a paramount change in my life style. I have survive many years since reading this book.  
0 of 0 people found the following review helpful. Positive advice from the author's personal experience  
By Scott  
This book really hit home for me...a hot reactor with OCD and perfectionist, workaholic habits. I just had my 19th catheterization and I have also had a triple bypass (6 years ago.) I guess I am a slow learner! A very worthwhile read!!

A groundbreaking examination of stress and its effects on health and disease  
Cardiologist Robert S. Eliot identifies "hot reactors"—apparently healthy people who overreact to such common occurrences as losing a tennis game or missing a train. If you are a "hot reactor," you may be responding to stress with an all-out physical effort that is taking a heavy toll on your health . . . without your even being aware of it.   Based on more than twenty years of research with thousands of patients, *Is it Worth Dying For?* takes stress management out of pop psychology and puts it into mainstream medicine. Dr. Eliot identifies the ways in which stress affects the heart, the blood vessels, and the body and gives us new, objective ways of detecting stress before any damage is done. He offers a complete program for recognizing, reducing, and reversing the hidden effects of stress in your life—to make stress work for you, not against you.   You'll learn:   • How to take your own "stress temperature" (the results may surprise you)   • Whether you are a "hot" or "cold" reactor   • How to relieve work-related stress   • How to reduce your dependency on alcohol, drugs, and tobacco   • How to keep your sense of control and self-mastery in practically any situation   • Plus a complete stress-reducing nutrition plan; relaxation therapy techniques; and a twenty-minute-per day, three-day-per-week aerobic fitness program to strengthen your heart

About the Author  
Robert S. Eliot, MD, FACP, FACC, was director of the Institute of Stress Medicine in Denver, Colorado, and professor of cardiology at the University of Nebraska Medical Center. He was a medical consultant to major corporations and foreign governments and his work received wide national media coverage, including *The New York Times*, *Time* magazine, ABC TV's *20/20*, *The MacNeil/Lehrer Report*, *Good Morning America*, and *USA Today*.