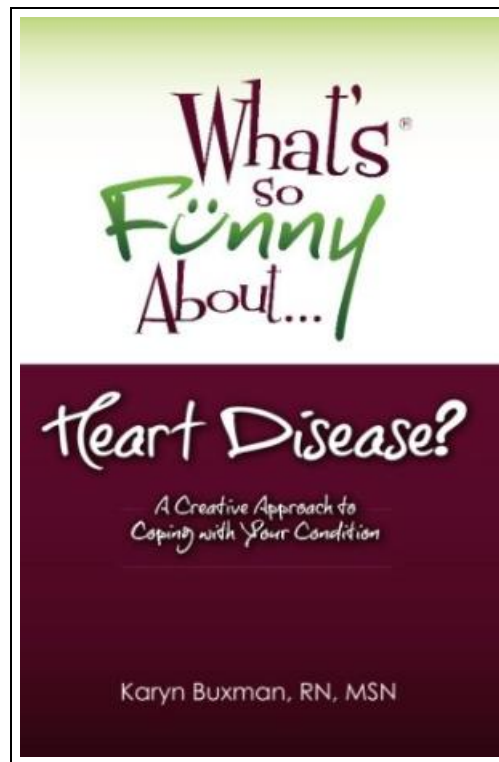


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What s So Funny About? Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What s so funny about heart disease? Maybe nothing. Then again, maybe everything. Especially if you understand the premise that so much of our humor comes from pain and discomfort-our own, or somebody else s. And let s face it; if you ve experienced cardiovascular disease, you ve got more than your fair share of pain and discomfort. Currently heart disease is the #1 killer of both men and women in the U.S. A long-term solution can only come from getting people to change their lifestyles: better diets, exercise and coping mechanisms to deal with this serious condition. The good news: Humor and laughter have been shown scientifically to have positive benefits for cardiac patients. Humor has been shown to lower cholesterol, decrease hormones that can be harmful, and improve resilience. Humor is recognized as a healthy coping mechanism. And humor has also been proven to increase the retention of information. For these reasons, and more, author Karyn Buxman has written the second book in a series of books for patients with chronic illness: What s So Funny About. Heart Disease? When you have heart disease, you need to arm yourself with all the tools that you possibly can to become the healthiest person that you can be. You need a large repertoire of skills. Humor isn t the be-all, end all; it s not meant to replace your medical regime, but rather to be a complement to all the efforts you re already making. Now Karyn Buxman shows you how you can strategically use humor everyday to better manage your heart disease and live a healthier and happier life. And you don t need to be funny....



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