

Surprising Ways Your Emotions Can Cut You Down In the Prime of Life



If you think staying slender, shunning tobacco products, eating low cholesterol foods and regularly doing cardio will protect you from heart attacks and blocked arteries ... think again! Why are cardiac events striking more and more fit, young, toned individuals? Why do some heart patients recover faster, while others become *cardiac cripples*? What should you and your medical team know?

Interview Arathi Rao, Ph.D., one of America's few cardiac psychologists. She'll educate listeners about the danger we all face from stress-induced cardiovascular disease and heart troubles, and how we can protect heart health instead.

Six Story Ideas

Surprising Ways Your Emotions And Behavior Can Cut You Down In The Prime Of Life

Your Mind has a lot more to do with your Heart Health than you ever suspected!

6 Stress Triggers You And Your Heart Can Do Without

Unsuspecting ways in which your response to stress can hurt your Heart

A Broken Heart - Hollywood Drama or Reality?

Yes - You CAN Die of a Broken Heart!

Can Being Nice Have a Hidden Price Tag?

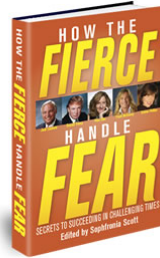
Being a "People Pleaser" can put your heart at greater risk

Can Depression Break Your Heart?

Depression is an independent risk factor for Heart Disease

Can Childhood Experiences Land You In The ER Today?

Hidden stressors from the past can lead to a heart attack now



Arathi Rao, Ph.D., is a clinical psychologist specializing in wellness, stress management, health and Cardiac Psychology. She maintains a clinical practice and provides consulting services, stress management workshops and life coaching. She is featured prominently (along with Donald Trump, Jack Canfield and other luminaries) in the Amazon.com best seller compilation book: "HOW THE FIERCE HANDLE FEAR". Her individual and group coaching includes mind-body techniques that reduce costly and invasive medical procedures. Dr. Rao has been featured in print, radio and TV, including PBS WHY-Y-TV 12, Channel 6- ABC News - New Jersey Perspective.



Availability

Philadelphia area, nationwide by arrangement and via telephone

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Dr. Rao bridges the gap between the Mind and the Body in Heart Health. Her engaging, insightful and media friendly message includes simple breathing and relaxation techniques and exercises and other mind-body techniques.