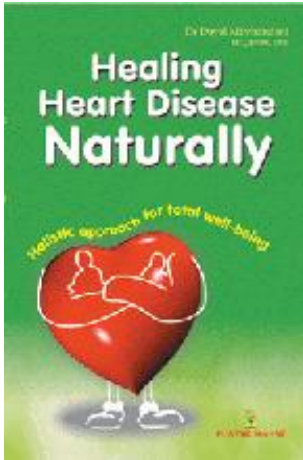




## Healing Heart Disease Naturally



**Author:** Dr. Dayal Mirchandani

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Recent advances in the behavioural sciences have ensured that a variety of physical disorders can be healed using psychological techniques.

In fact, worldwide, mind-body healing is being increasingly used to treat chronic illnesses such as asthma, ulcerative colitis, rheumatoid arthritis and coronary artery disease with excellent results.

This book reveals the personality trait that puts you at highest risk and how to change it, how to use self-hypnosis and imagery in healing your heart, how to stop smoking permanently with little or no discomfort, how to find meaning and joy in life, besides other practical techniques to reverse heart disease.

The book also outlines how to:

- \*Avoid angioplasty and other surgery by reversing blockage in arteries.
- \*Control cholesterol, high blood pressure and other risk factors.
- \*Lead a full life even after surgery, including a return to having safe sex.
- \*Make lifestyle changes to reverse coronary disease.
- \*Eat right to stay slim and healthy.
- \*Exercise safely and be physically fit.

...plus many more insights and tried-and-tested techniques to prevent another heart attack.

About the author:

Dr Dayal Mirchandani, MD, DPM, FIPS has been practising Behavioural Medicine since 1981. He is Director, Behavioural Science Network and a Trustee of Meta Foundation.

He is also the author of Super Performance Learning published by IBH in 1999.

He was a Member of the Board of Studies of SNDT and Bombay Universities and on the Committee for the selection of



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teachers in Psychology at the Bombay University. He has also been a consultant at Gopikrishna Piramal Memorial Hospital.

He is the co-author of Group Therapy for Addiction and Preventing Drug Abuse, a manual for teachers, and the co-founder and ex-governing body member of the National Addiction Research Centre.

The United States Information Service (USIS) invited him under the International Visitors Programme, 1990.

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