



What's So Funny About... Heart Disease?: A Creative Approach to Coping with Your Condition

Karyn Buxman

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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. You just need to be able to see funny. "If we took what we now know about laughter and bottled it, it would require FDA approval," says psychoneuroimmunologist, Dr. Lee Berk. The perfect gift for yourself or someone you love, this book is filled with wise, witty, and life-saving advice. Whether you have heart disease, or are the cheerleader for someone with heart disease, there is something in this book for you.

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