

# Health Awareness



## How To Have A Good Heart

(NAPSA)—Here's heartening news: You can help yourself to a healthier heart. That is, you can recover and gain emotional well-being following a diagnosis of heart disease, a heart attack or a cardiac procedure or surgery, which may reduce your risk of a second cardiac event.

The *Goodheart*.com  
cardiac prevention and recovery 

A free Web site has been created to help you:

- Recover your emotional well-being;
- Modify negative thoughts, feelings, and behaviors;
- Reduce unhealthy responses associated with anger, depression, anxiety and impatience;
- Develop more adaptive, less damaging, reactions to stress;
- See the value in positive emotions for the life of your heart.

Every week, TheGoodheart.com offers new tips on topics ranging from hypertension and cholesterol to optimism and hope, helping you get a handle on your heart's health. There is an opportunity to sign up for a free subscription so that you can receive these useful tips by e-mail every week. The site also features a wide array of articles and resources, and its message board enables you to submit questions to health care experts who can address your concerns.