The Heart Manual Training Folder

- 1. Heart Manual Development
- 2. Facilitation of the Heart Manual
- 3. Coronary Artery Disease as a 'Long-term Condition'
 - 4. Cardiac Rehabilitation
 - 5. Supporting Under-Represented Groups
 - **6.** The Burden of Coronary Heart Disease
 - 7. Cardiac Beliefs
 - 8. Anxiety and Depression
 - 9. Relaxation
 - 10. Physical Activity and Exercise
 - 11. Predicting Cardiovascular Risk
 - 12. Health Behaviour Change
 - 13. Cognitive Function
 - 14. Psychology of Pain
 - 15. Sex
 - 16. Sleep
 - 17. Work

