

Contents

<i>Acknowledgments</i>	ix
<i>Foreword by</i> HERBERT G. LANGFORD, M.D.	xi
<i>Introduction</i>	xv
Chapter 1 Hypertension: Epidemiology and Medical Treatment	1
Chapter 2 Physiology of Blood Pressure	11
Chapter 3 Assessment Procedures: History Taking, Blood Pressure Measurement and Psychological Testing	19
Chapter 4 Stress Management: Relaxation Therapies	41
Chapter 5 Stress Management: Biofeedback Therapies	82
Chapter 6 Exercise as a Treatment for Hypertension	107
Chapter 7 Dietary Interventions with Hypertension	158
Chapter 8 Improving Medication Compliance	191
Chapter 9 Putting It All Together	200
<i>References</i>	210
<i>Author Index</i>	225
<i>Subject Index</i>	233
<i>About the Authors</i>	240
<i>Psychology Practitioner Guidebooks List</i>	241