

tools of the trade

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Type A Behavior *Type A Behavior and Your Heart. Meyer Friedman and Ray H. Rosenman. New York: Fawcett Crest, 1974. 319 pp. \$2.50 (paper).*

The authors describe what they believe to be the specific behavior pattern (which they label Type A) that they believe is the major cause of premature coronary heart disease. The authors suggest that in the absence of a Type A behavior pattern, coronary heart disease almost never occurs before 70 years of age, regardless of the fatty foods eaten, the cigarettes smoked, or the lack of exercise. But, when this behavior pattern is present, coronary heart disease can easily erupt in one's 30s or 40s.

The book describes Type A behavior and how it can be altered by individual effort. It's written for a lay audience

because Friedman and Rosenman believe that the average American must become involved in the process of self-protection. There are specific chapters devoted to "reengineering" one's life with drills designed to alleviate what the authors call "hurry sickness."

Also provided is a helpful glossary of medical terms related to heart disease.