



Healthy Heart Book, The

Morag Thow, Keri Graham, Choi Lee

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At last, answers, advice and support for the millions who have been diagnosed or are living with heart conditions! *The Healthy Heart Book* provides the blueprint for protecting your heart and living a healthy lifestyle. Inside, you'll find out

- what coronary heart disease is and how it can be treated,
- emotional and physical considerations after a heart event,
- how the risk of coronary heart disease can be assessed,
- the most effective exercise for prevention and recovery,
- the latest research on and advice for adopting a heart-healthy diet,
- how to manage stress and anxiety, and
- how to access sources of support.

Renowned experts Morag Thow, Keri Graham and Choi Lee have created a comprehensive yet practical guide that you'll turn to again and again.

Complete with forms and tables to track your progress, recipes for delicious and heart-healthy meals and practical advice for exercise and activity, *The Healthy Heart Book* provides all the tools you need to take charge of your recovery and live a long and full life.

From reader reviews:

Nicole Oneal:

Information is provisions for people to get better life, information today can get by anyone on everywhere. The information can be a know-how or any news even a problem. What people must be consider if those information which is inside the former life are challenging to be find than now's taking seriously which one works to believe or which one the particular resource are convinced. If you have the unstable resource then you understand it as your main information there will be huge disadvantage for you. All those possibilities will not happen within you if you take Healthy Heart Book, The as your daily resource information.

Kevin Miller:

Do you really one of the book lovers? If yes, do you ever feeling doubt if you are in the book store? Try to pick one book that you never know the inside because don't judge book by its handle may doesn't work at this point is difficult job because you are frightened that the inside maybe not because fantastic as in the outside seem likes. Maybe you answer may be Healthy Heart Book, The why because the amazing cover that make you consider concerning the content will not disappoint an individual. The inside or content will be fantastic as the outside as well as cover. Your reading sixth sense will directly show you to pick up this book.

Troy Cochran:

The book untitled Healthy Heart Book, The contain a lot of information on the item. The writer explains your girlfriend idea with easy technique. The language is very clear to see all the people, so do not worry, you can easy to read this. The book was compiled by famous author. The author will take you in the new age of literary works. You can actually read this book because you can please read on your smart phone, or device, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can available their official web-site as well as order it. Have a nice read.

Bradley Roberts:

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