



# 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.

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### **From reader reviews:**

#### **Mark Hofmeister:**

Often the book Healthy Heart Book, The has a lot associated with on it. So when you read this book you can get a lot of help. The book was published by the very famous author. Tom makes some research prior to write this book. This book very easy to read you can get the point easily after reading this article book.

#### **Jennifer Jones:**

People live in this new time of lifestyle always try to and must have the free time or they will get large amount of stress from both everyday life and work. So , when we ask do people have extra time, we will say absolutely without a doubt. People is human not only a robot. Then we request again, what kind of activity do you have when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you ever try this one, reading guides. It can be your alternative in spending your spare time, the actual book you have read is definitely Healthy Heart Book, The.

#### **John Malcolm:**

Playing with family in a park, coming to see the ocean world or hanging out with buddies is thing that usually you have done when you have spare time, subsequently why you don't try issue that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Healthy Heart Book, The, it is possible to enjoy both. It is excellent combination right, you still want to miss it? What kind of hang type is it? Oh can occur its mind hangout guys. What? Still don't understand it, oh come on its called reading friends.

#### **Antonio Batts:**

The book untitled Healthy Heart Book, The contain a lot of information on the item. The writer explains her idea with easy approach. The language is very clear to see all the people, so do definitely not worry, you can easy to read this. The book was written by famous author. The author will bring you in the new period of time of literary works. You can easily read this book because you can read on your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site along with order it. Have a nice read.

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