

Librería
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Título: The Healthy Heart Book

Autor: Lee Choi

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Sinopsis

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Synopsis:

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.