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One of the nation's most respected cardiologists answers all your questions in The Cardiac Recovery Handbook. In clear, everyday language, the book covers all aspects of cardiac recovery--from the initial diagnosis of heart disease to medications and surgical options, from hospitalization to rehabilitation, from diet and exercise to keeping your spirits up.

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The Cardiac Recovery Handbook is an invaluable guide through the complexities and confusion surrounding heart disease. It covers all aspects of cardiac recovery—from the initial diagnosis of heart disease to medications and surgical options, from hospitalization to rehabilitation, from diet and exercise to keeping your spirits up.

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Percy is incredibly accident-prone, and holds the dubious record of the most accidents. Percy has had a small rivalry with Harold, however, they are always willing to help each other when in trouble.

Help Your Heart by Eating Right! If you are looking to eat healthier and still enjoy mealtime, open your kitchen to The Cardiac Recovery Cookbook. This indispensable companion to The Cardiac Recovery Handbook contains over 100 quick, easy, and delicious NIH-approved recipes to help cardiac patients eat well on the road to wellness. Whether you want a quick meal, a nutritious dinner, or a heart-healthy dessert, this book is packed with great tasting recipes the whole family can enjoy. All the recipes are reduced in saturated fat, cholesterol, and sodium, and come complete with detailed nutritional information. Eat to your heart's content with The Cardiac Recovery Cookbook.

Provides advice on determining and reducing the risk factors for a heart attack, including special considerations for persons over sixty, women, and those who have already had a coronary, and discusses treatments and symptoms

Offers advice on diet, medical tests and procedures, relaxation

Read Book The Cardiac Recovery Handbook The Complete Guide To Life Techniques, and Exercise, and Tells How to Return to a Normal, Healthy Lifestyle

Offers those coping with the loss of a loved one, a job, or a marriage a tested program of specific actions for recovery

A heartbreak can be a life changing event. But whether it makes you or breaks you is a choice that eventually you will make. Embark on a journey of self-discovery with this simple and authentic "cut the crap and let's talk the truth" kind of book which is aimed to help those who are broken and still struggling with that void inside. Written by a young woman living in an Asian country who had gone through a dramatic heartbreak and divorce herself, "Heartbreak Recovery Handbook" is a brief practical guide about lessons learnt the hard way on the path to recovery. In this heart to heart encounter where the author opens up about her own recovery story giving you an insight making it easier for you to understand the tricks of your mind. It is like having an open conversation with someone who is walking down the broken road with you. Rather than explaining the theories this book contains the tried and tested practical tips, wisdom gathered from various sources and some of the most eye-opening questions that will help you gain clarity to understand your inner self and the situations by yourself. It is a stage by stage guide to understanding, healing and self-discovery. It is not only about heartbreak and finding love and happiness but also about life and its lessons. It will show you how to steer yourself through the difficult times in a healthier way. In this book you will find no secret shortcuts to recovery. Instead the author explains both the quick-fix and the real-fix leaving you to figure out why it is important to apply the real-fix which could last a lifetime. It is meant for both men and women, contains no sugar coating and aimed at helping you become a better person instead of a bitter person after a break up.

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This text aims to present the answers to questions that patients and families would wish to ask nurses and doctors, but never do. It focuses on the difficulties experienced by spouses or families of people recovering from heart disease or heart surgery.

Your relationship with your pet is special it s a bond that is very different than those that human beings share with each other. When a beloved pet passes away, people often resort to incorrect mechanisms to deal with the grief, such as trying to move too quickly past the loss (dismissing the real impact), or even attempting to replace the pet immediately. However, these are merely two myths out of six that the authors discuss and dismantle in *The Grief Recovery Handbook for Pet Loss*. Based on the authors Grief Recovery Method(r), this book addresses the differences in losing a pet, and ultimately, moving on with life."

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