

The Cardiac Recovery Handbook The Complete Guide To Life After Heart Attack Or Heart Surgery Second Edition

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The Cardiac Recovery Handbook The

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.

The Cardiac Recovery Handbook: The Complete Guide to Life ...

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. Packed with vital and authoritative information, The Cardiac Recovery Handbook is your step-by-step guide to getting back your life, healthier than ever.

The Cardiac Recovery Handbook - By Paul Kligfield ...

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The Cardiac Recovery Handbook by Paul Kligfield, M.D ...

In clear, everyday language, Dr. Kligfield provides a reassuring and easy-to-understand resource for the millions of Americans suffering from heart disease, as well as their families, healthcare providers, and friends. The Cardiac Recovery Handbook is an invaluable guide through the complexities and confusion surrounding heart disease.

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No question is left unanswered.Filled with a wealth of vital information, The Cardiac Recovery Handbook is an invaluable resource for the millions of Americans suffering from heart disease, as well as their families, healthcare providers, and friends.

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The cardiac recovery handbook : the complete guide to life after heart attack or heart surgery. [Paul Kligfield; Michelle D Seaton] -- In clear, everyday language, the book covers all aspects of cardiac recoveryfrom the initial diagnosis of heart disease to medications and surgical options, from hospitalization to rehabilitation, ...

The cardiac recovery handbook : the complete guide to life ...

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The Cardiac Recovery Handbook: The... by Paul Kligfield

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.

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Filled with a wealth of vital information, The Cardiac Recovery Handbook is an invaluable resource for the millions of Americans suffering from heart disease, as well as their families, healthcare providers, and friends.

The Cardiac Recovery Handbook : The Complete Guide to Life ...

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The Cardiac Recovery Handbook: The Complete Guide to Life ...

This is a great book for anyone wanting to learn the best way to recover after a heart attack. It is a must read for all members of the family who have ether had a heart attack or is helping someone in the family who has had a heart attack. This book clearly explains the why, how and answers most questions that come up in the post attack recovery.

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The Cardiac Recovery Handbook : Paul Kligfield : 9781578262069

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