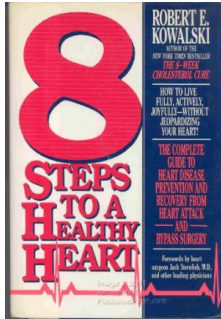


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8 STEPS TO A HEALTHY HEART: THE COMPLETE GUIDE TO HEART DISEASE PREVENTION AND RECOVERY FROM HEART ATTACK AND BYPASS SURGERY



Warner Books, Boston, Massachusetts, U.S.A., 1992. Hardcover. Book Condition: New. Dust Jacket Condition: New. 430 pages. From Publishers Weekly: Kowalski (The Eight Week Cholesterol Cure) is a heart attack (at ages 36 and 42) and bypass veteran. In this pep-talk detailing his own recovery, he also provides a comprehensive, step-by-step program for improving cardiovascular health. His positive approach and optimistic outlook for heart patients and former patients is evident throughout. And he also doesn't overlook the fact that..

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- Authored by Kowalski, Robert E
- Released at 1992



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The book is not difficult in read through better to recognize. It really is writer in straightforward terms instead of confusing. I am happy to inform you that this is actually the finest publication i actually have read in my individual daily life and may be he best book for possibly.

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