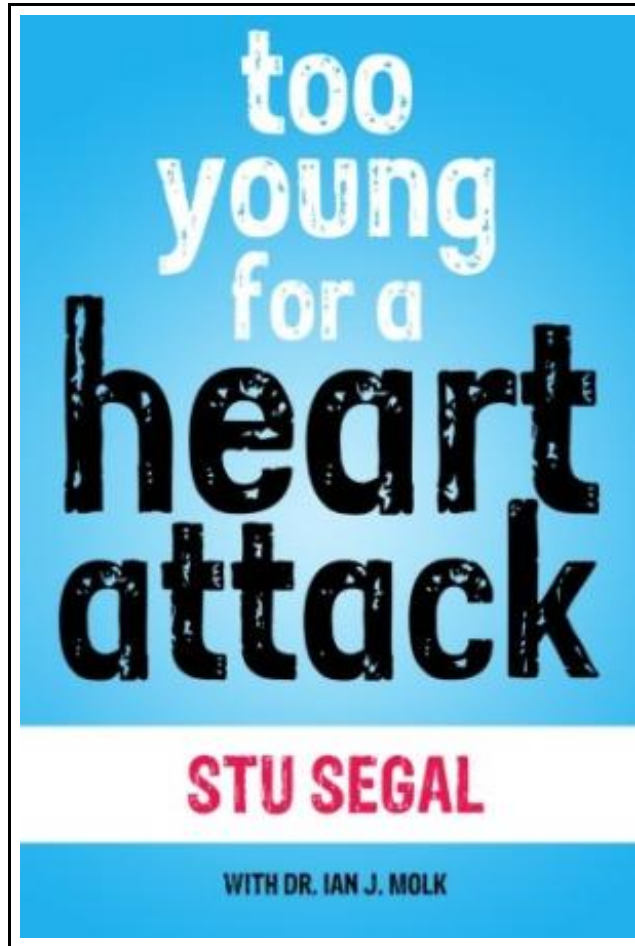


Too Young for a Heart Attack



Filesize: 9.69 MB

Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.

(Melany Goyette)

TOO YOUNG FOR A HEART ATTACK



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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Stu Segal was a fit, healthy 37-year-old-or that s what he thought until Fathers Day 1987 ended with a heart attack. When the ER doctor told him he might or might not survive, he realized that, one way or another, life as he knew it was over. Stu traces the journey of a man facing the new reality that though much of what he loved was gone, yes, he might still be able to live a long and happy life-if he methodically changed his approach to the things he d always taken for granted. Over the course of weeks, months and years, Stu says goodbye to the habits he s used to and rebuilds them all from the ground up-his work, his eating, his physical activities, even his hobbies and relationships. And along the way, he learns that happiness isn t exactly what he thought it was. Readers seeking heart-health advice will find Too Young for a Heart Attack includes a top-10-healthy-practices list, a food appendix featuring heart-friendly recipes, and medical expertise from cardiologist Ian J. Molk, M.D. FROM THE AUTHOR: I had a heart attack, out of the blue, at age 37. It was serious-serious enough to change the rest of my life in ways I couldn t imagine. It s been 26 years since the heart attack. I have lived, loved, laughed-in spite of the heart attack. Or is it because of the heart attack? Hard to say, but over time it awakened my desire to live and revealed my love of life. It gave me the motivation to stop my unhealthy behaviors, the eating, the smoking, the stressing . . . the behaviors that surely...



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