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The Book Heart Sisters

As a woman who experienced a heart attack, was misdiagnosed, and deals with everything that living with heart disease entails, Carolyn uses humor wrapped in practicality and common sense to help women navigate their disease and all the overwhelming emotions that come with this diagnosis.

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This was very well done in Heart Attack and Vine. Characters were al When I started reading this book, it was similar to reading a dystopian cyberpunk novel: nothing was quite right, like walking a floor which was not set to level.

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Caldwell Esselstyn Official Site

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Post Heart Attack Recovery Exercise Diet and Stress

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