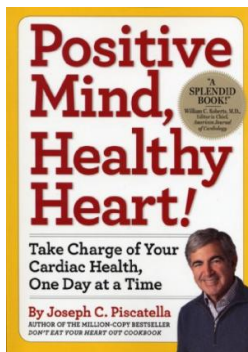


## Positive Mind, Healthy Heart: Take Charge of Your Cardiac Health, One Day at a Time



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### Book Review

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