



Too Young for a Heart Attack

By Stu Segal

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....



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-- **Pasquale Klocko**

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Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such beloved authors...



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