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Remember Thou Art Mortal: The Chronicles of a Mending Heart

By Atul Uchil PhD

Outskirts Press, United States, 2012. Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Remember Thou Art Mortal: The Chronicles of a Mending Heart Every event in life - good or not - changes the course of our lives in some way. For Atul Uchil it was as big an event in life as one could experience without ending life itself: a heart attack. Some 600,000 Americans experience a heart attack each year, but not everyone who survives uses the experience to change their lives and the lives of others. Dr. Uchil tackles the struggles to fight back from a heart attack with Remember Thou Art Mortal: The Chronicles of a Mending Heart. Dr. Uchil tells a very personal account of a post-heart-attack life in a surprisingly warm and candid book that also happens to be precious informative. Far from a dry, medical tome, Remember Thou Art Mortal intersperses Dr. Uchil's narrative with useful breakdowns of medical terminology, his first-person description of heart attack symptoms, and advice on dietary changes that could help prevent heart attack and much more.



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