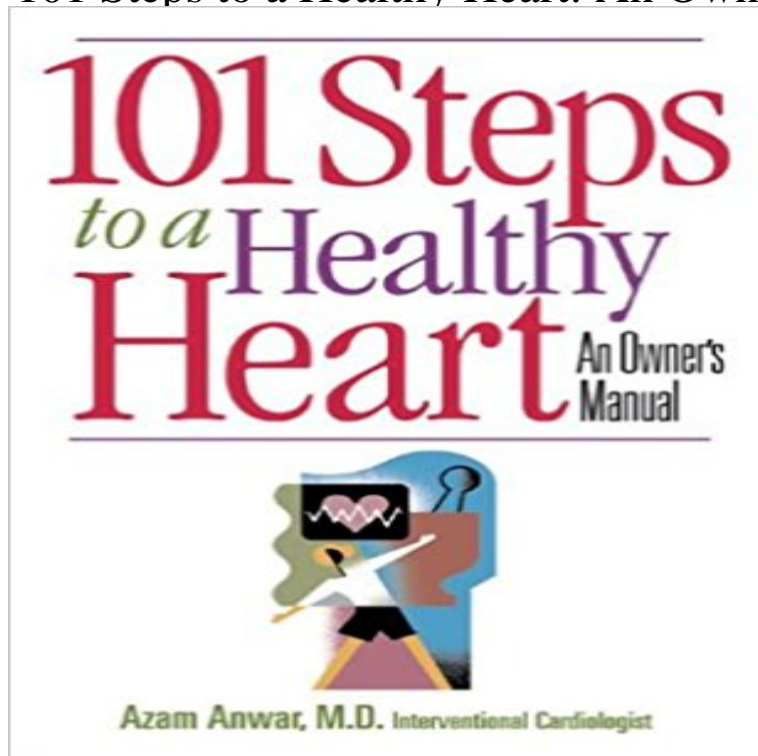


## 101 Steps to a Healthy Heart: An Owners Manual



A complete maintenance manual for the heart, this guide offers a wide-ranging list of heart disease prevention and treatment guidelines from one of Americas most experienced cardiologists. Advocating effective heart maintenance, this book puts readers in charge of their own heart health by encouraging lifestyle changes among those who are plagued by family histories of heart trouble, live sedentary lifestyles, and practice bad eating habits. The myths of overnight success in weight loss through fad diets are debunked, and a program for overall health and well-being through the individuals commitment is presented. An optimistic tone pervades this text with the persuasive suggestion that under most circumstances, those who follow commonsense guidelines can live long and productive lives.

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