



The Healthy Heart Book (Paperback)

By Morag Thow, Keri Graham, Choi Lee

Human Kinetics Publishers, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. For people who have been diagnosed with a heart condition it is only natural that they are concerned about the future and seek reassurance and help after the initial treatment phase. The authors of The Healthy Heart Book have combined their backgrounds and extensive experience in physiotherapy and nutrition to provide this comprehensive guide to achieving a full recovery. The book covers the current recovery programme information given to patients and builds upon it to provide a thorough understanding of what to do and the reasons for doing it. Common medical terminology is broken down to help guide recovering patients through their recovery while exercises are presented in a straightforward, easy to follow format. It is a patients guide to achieving a full recovery after a heart attack.



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Reviews

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Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

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