



## The Healthy Heart Book

Morag Thow, Keri Graham, Choi Lee

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The Healthy Heart Book Morag Thow, Keri Graham, Choi Lee

Three experienced cardiac rehabilitation clinicians have joined together to create the most comprehensive yet practical guide on cardiac rehab. The Healthy Heart Book is a user-friendly resource focusing on exercise, diet and stress management, which provides a blueprint for recovery.



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