



A Woman's Guide to Heart Attack Recovery: How to Survive, Thrive, and Protect Your Heart

Harvey M. Kramer, Charlotte Libov

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As a heart attack survivor, you know that you must do everything within your power to prevent yourself from having another heart attack. The reason is simple; as a heart attack survivor, you are at greater risk of suffering another heart attack, one that could end your life.

A Woman's Guide to Heart Attack Recovery provides heart attack survivors with a multi-faceted approach to preventing subsequent heart attacks. First, you need to empower yourself, and the way to do that is to learn as much as you can about your heart, the heart attack treatments you may have undergone, and, if you've only recently had your heart attack, the key steps to recuperation. You also need to know what to do in an emergency in case you experience another heart attack. Many chapters in this book — such as the ones on high blood pressure, diabetes, weight control, diet and exercise — are filled with information on how to achieve these specific goals. A heart attack can be a life-affirming wake-up call and many women find their life afterward to be better than it was before. Many of you will find it to be the impetus you need to make changes towards living a healthier life. *A Women's Guide to Heart Attack Recovery* is devoted to helping you do just that.

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