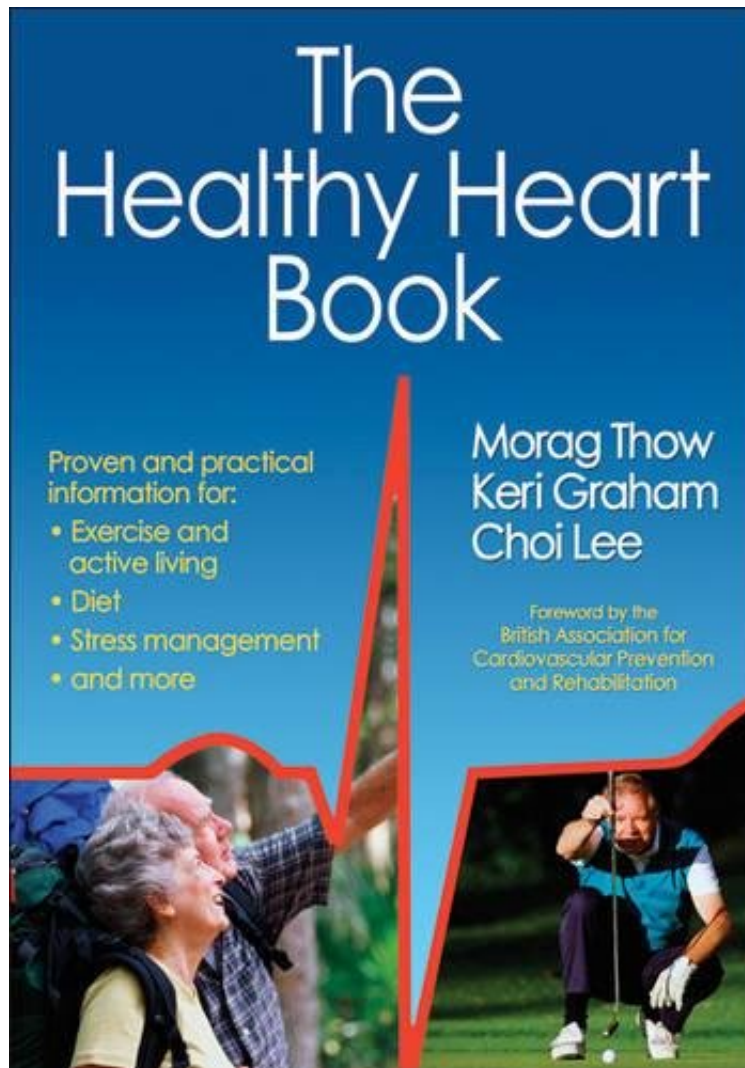


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## Healthy Heart Book, The

*Morag Thow, Keri Graham, Choi Lee*  
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**Morag Thow, Keri Graham, Choi Lee : Healthy Heart Book, The** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Heart Book, The:

0 of 0 people found the following review helpful. Good, Readable Infomation about Heart HealthBy S. RimanLots of good information, hints, exercise notes for people with heart concerns.1 of 1 people found the following review helpful. The Healthy Heart BookBy Lauren NagelThis is a book that you will look at over and over because it has so much information and practical advise for anyone interested in coronary heart disease and the treatment and lifestyle changes needed in order to recover and live a long full life. This book covers diet, exercise, eating healthy including healthy recipes that taste good. The book is very easy to read and has everything covered. If someone you love has had

a heart attack and you want to get a book that will be helpful then this book would be very helpful. Most everyone can benefit from the advice in this book as well. There so much to be said about being active and managing stress and diet. It's essential to a long healthy life. I am so glad that I got the chance to read this book and I know I will be following the advice and tips that I know will benefit me. This book was well worth reading.4 of 4 people found the following review helpful. very informativeBy CustomerA very helpful and informative book. Gives detailed information on what to do for your heart,, before and after heart attacks, give yummy recipes to try, and provides exercies with diagrams to show the correct positions to be in. I would recommend this to anyone who wants to improve their overall lifestyle and have a healthy heart!

At last, answers, advice and support for the millions who have been diagnosed or are living with heart conditions! The Healthy Heart Book provides the blueprint for protecting your heart and living a healthy lifestyle. Inside, you'll find out what coronary heart disease is and how it can be treated, emotional and physical considerations after a heart event, how the risk of coronary heart disease can be assessed, the most effective exercise for prevention and recovery, the latest research on and advice for adopting a heart-healthy diet, how to manage stress and anxiety, and how to access sources of support. Renowned experts Morag Thow, Keri Graham and Choi Lee have created a comprehensive yet practical guide that you'll turn to again and again. Complete with forms and tables to track your progress, recipes for delicious and heart-healthy meals and practical advice for exercise and activity, The Healthy Heart Book provides all the tools you need to take charge of your recovery and live a long and full life.

About the Author Morag Thow, PhD, BSc, Dip PE, has been a physiotherapy lecturer specialising in cardiac rehabilitation at Glasgow Caledonian University for over 24 years. She has written two previous titles on cardiac rehabilitation and contributed to another book. She also regularly writes journal articles on cardiac rehabilitation and was a member of the SIGN (Scottish Intercollegiate Guidelines Network) group for Cardiac Rehabilitation 2002. She is a member of BACPR and the Cardiac Rehabilitation Interest Group Scotland. Keri Graham, MSc, BSc, is a chartered physiotherapist who has worked in hospital settings for over 15 years and specialised in cardiac rehabilitation for the past decade. She is a member of the BACPR and Association of Chartered Physiotherapists in Cardiac Rehabilitation (ACPICR) and is a member of the writing group for the ACPICR Standards for Physical Activity and Exercise in the Cardiac Population 2009 and 2012. She is a regular visiting lecturer at Glasgow Caledonian University and is a lead physiotherapist for phase IV cardiac rehabilitation classes in Glasgow. Choi Lee, Bsc, is a qualified dietician who has specialised in working with cardiac rehabilitation patients since 2008. She is a member of the British Dietetic Association and the Health Care Professions Council. She is interested in lifestyle interventions in the prevention and treatment of cardiovascular disease and has served as a guest speaker on management and treatment of coronary heart disease as part of the Glasgow University master class series.