



The Cardiac Recovery Handbook: The Complete Guide to Life After Heart Attack or Heart Surgery, Second Edition

Paul Kligfield M.D., Michelle D. Seaton

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How long will I be in the hospital? Do I need to give up all my favorite foods? What are the side effects of that medication? Why do I feel so depressed? When can I have sex again? How can I prevent a second heart attack?

Heart surgery or heart attack can be the most frightening experience of your life. **Dr. Paul Kligfield, MD**, one of the nation's most respected cardiologists, answers all your questions and many more in **The Cardiac Recovery Handbook: The Complete Guide to Life After Heart Attack or Heart Surgery**. In clear, everyday language, Dr. Kligfield provides a reassuring and easy-to-understand resource for the millions of Americans suffering from heart disease, as well as their families, healthcare providers, and friends.

The Cardiac Recovery Handbook is an invaluable guide through the complexities and confusion surrounding heart disease. It covers all aspects of cardiac recovery—from the initial diagnosis of heart disease to medications and surgical options, from hospitalization to rehabilitation, from diet and exercise to keeping your spirits up.

Packed with vital and authoritative information, **The Cardiac Recovery Handbook** is your step-by-step guide to getting back your life, healthier than ever.

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