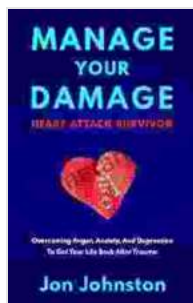


Manage Your Damage: The Essential Guide for Heart Attack Survivors

If you've survived a heart attack, you know that the road to recovery is long and challenging. But it's also a journey that can lead to a full and healthy life. Manage Your Damage is the essential guide to help you get there.



Manage Your Damage Heart Attack Survivor: Overcoming Anger, Anxiety, And Depression To Get Your Life Back After Trauma by Jon Johnston

★★★★☆ 4 out of 5

Language	: English
File size	: 5176 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 120 pages
Lending	: Enabled



This book provides everything you need to know about heart attack recovery, from the physical and emotional challenges you'll face to the lifestyle changes you need to make. You'll learn about:

- The different types of heart attacks and their symptoms
- The importance of early diagnosis and treatment
- The medications you may need to take

- The lifestyle changes you need to make, including diet, exercise, and stress management
- The emotional challenges you may face, such as depression and anxiety
- The resources available to help you recover

Manage Your Damage is written by a team of experts, including cardiologists, nurses, and psychologists. They have combined their knowledge and experience to create a book that is both informative and supportive.

If you've survived a heart attack, Manage Your Damage is the essential guide to help you recover and live a full and healthy life.

Free Download your copy today!



Praise for *Manage Your Damage*:

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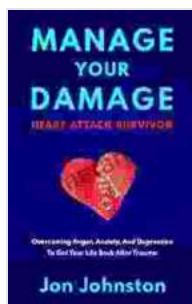
“This book is a lifesaver. It provides everything you need to know about heart attack recovery, from the physical and emotional challenges you'll face to the lifestyle changes you

need to make. I highly recommend it to anyone who has survived a heart attack." - Dr. Dean Ornish, author of The Spectrum: A Scientifically Proven Program to Transform Your Body, Mind, and Spirit



“Manage Your Damage is an essential resource for heart attack survivors. It provides clear, concise, and up-to-date information on everything you need to know about recovery. I highly recommend it.” - Dr. Robert Ostfeld, author of Heart Health: A Guide for Managing Risks and Living a Healthy Life

Free Download your copy of Manage Your Damage today!



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