



Healthy Heart Handbook: How to Prevent and Reverse Heart Disease, Lower Your Risk of Heart Attack and Cancer, Reduce Stress, Lose Weight

Witho

Neal Pinckney

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The accumulation of Dr. Pinckney's thorough research, this comprehensive cardiac care manual is a no-nonsense guide to preventing and reversing the nation's #1 killer--heart disease. The book includes 76 easy-to-prepare, low-fat recipes, plus tips on reducing stress, losing weight without hunger, and ways to reduce the risk of heart attack and cancer.

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