



## Heart Attack! Then What? (Paperback)

By Norman Molesko

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Description This book chronicles the author's personal experiences from the trauma and helplessness of a heart attack patient through periods of rehabilitation and recovery. He describes what went through his mind and what he felt, giving insights to the reader. He looks back one year to his first and second heart attacks, seven days apart, and what life changing re-adjustments were needed in the aftermath. The book captures his thoughts and feelings, as he deals with new situations as he evolves and grows into cardiac rehab routines and adjusts his lifestyle to new criteria of healthy eating, exercise, rest and relaxation, along with peace of mind. The author realizes that he will always be a heart patient and how precious life has become. The book includes concise accounts such as: A Frightening Period For Me And My Wife, Dodging The Bullet, Within My Capabilities, Locating My Pills, A Goal For Cholesterol, I Awoke To Mind And Body, A Scare And A Lesson Learned, Exercising With Persistence, and Respecting Life.

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