



# The Healthy Heart Book

*Morag Thow, Keri Graham, Choi Lee*

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**The Healthy Heart Book** Morag Thow, Keri Graham, Choi Lee

Three experienced cardiac rehabilitation clinicians have joined together to create the most comprehensive yet practical guide on cardiac rehab. The Healthy Heart Book is a user-friendly resource focusing on exercise, diet and stress management, which provides a blueprint for recovery.

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