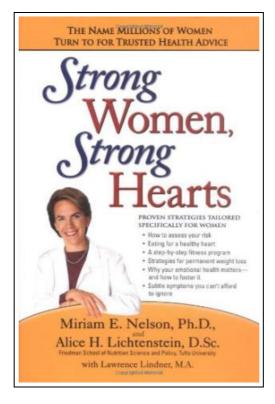
# Strong Women, Strong Hearts (Hardback)



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## Reviews

This sort of book is almost everything and helped me looking in advance and much more. Yes, it can be enjoy, nevertheless an amazing and interesting literature. Its been written in an extremely simple way which is simply right after i finished reading this publication through which in fact altered me, alter the way i really believe.

(Lizeth Witting)

### STRONG WOMEN, STRONG HEARTS (HARDBACK)



Putnam Publishing Group, U.S., United States, 2005. Hardback. Condition: New. Language: English . Brand New Book. From the distinguished author of the Strong Women health series comes an important book for any woman who wants to take charge of her heart health. Heart disease kills more women than men each year, yet it is still mistakenly thought of as a man s disease. In this comprehensive and practical guide, top women s health expert and author Miriam E. Nelson, Ph.D., teams up with heart expert Alice H. Lichtenstein, D.Sc., to present up-to-date advice on diet, exercise, weight loss, stress reduction, and other key strategies tailored specifically for women. With self-evaluations, checklists, exercises, recipes, and other practical information, as well as the latest research findings, this empowering book will help readers assess their risks, understand their options, and make important changes to improve their heart health.





### See Also



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