



My Heart, I Want to Keep It

George P. Bouchoc

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With so much information available on the market today about preventing heart disease, it can be difficult to know where to start. To be informed about heart disease, one has to know about nutrition, exercise, risk factors, and a bit about how the heart works. *My Heart, I Want to Keep It* collects all the information you need to know about preventing heart disease in one straight-forward, easy-to-understand book.

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