



Heart Disease: Stress Management for a Healthy Heart: The most important information you need to improve your health (The Everything® Healthy Living Series)

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Looking for information on treatments for heart disease? The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to manage your condition and lead a healthy life.

Inside you'll find expert advice and helpful tips on deciding the best course of treatment for you, including information on medications, treatment options, and lifestyle changes. As you deal with your heart disease, the more you know about your options, the better you will be able to take charge of your condition.

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