



# **Heart Disease: Smoking and Heart Disease: The most important information you need to improve your health (The Everything® Healthy Living Series)**

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# Heart Disease: Smoking and Heart Disease: The most important information you need to improve your health (The Everything® Healthy Living Series)

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**Heart Disease: Smoking and Heart Disease: The most important information you need to improve your health (The Everything® Healthy Living Series) Adams Media**

Understanding heart disease is your first step in reversing or preventing a potentially life-threatening condition. 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 heart disease and lead a healthy life.

It's well known that carcinogens in cigarette smoke can cause cancer, but they can be equally damaging to your heart. Inside you'll find useful information on the benefits of quitting, stop-smoking aids, and places to find help.

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