



Healthy Heart (52 Brilliant Ideas)

Ruth Chambers

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Heart disease and stroke kill about 17 million people every year, and it's not just the stereotypical over-worked, over-weight, middle-aged and middle income man who needs to worry. Cardiovascular disease can affect anyone. Dr Ruth Chambers reveals 52 brilliant and practical ideas to keep you and your ticker fighting fit. You'll be amazed at how easy it is to keep your heart strong and happy.

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