



Dr. Suzanne Steinbaum's Heart Book: Every Woman's Guide to a Heart-Healthy Life

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In the tradition of Christiane Northrup, a renowned cardiologist integrates emotional and physical well-being in a revolutionary new approach to women's heart health.

As a cardiologist with a specialization in women's heart disease, Dr. Steinbaum has helped thousands of patients resolve their heart issues, and aims to do the same for readers in her inspirational book that will change the way we think about heart health. She guides readers through the risk factors of heart disease, from the traditional physical benchmarks like weight, cholesterol, and blood pressure, to lifestyle habits, emotional awareness, and even the way she sees herself in the mirror—and in the world.

In *Dr. Suzanne Steinbaum's Heart Book*, readers are shown clear, easy steps on how to maximize heart health. This is a life book that will teach women how to regain control over all aspects of their busy lives, including how to finally achieve:

- A heart-healthy diet
- Heart-supportive exercise
- Heart-enhancing stress management
- Heart-filling relationships
- A sound night's sleep
- A more satisfying sex life
- A calm, focused mind
- A deep level of self care
- And much, much more.

Dr. Suzanne Steinbaum's Heart Book strives to bring forth a new approach to heart-centered healing so that readers everywhere may experience a fulfilling life of health and happiness.

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Playing with family in a very park, coming to see the sea world or hanging out with good friends is thing that usually you might have done when you have spare time, after that why you don't try matter that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Dr. Suzanne Steinbaum's Heart Book: Every Woman's Guide to a Heart-Healthy Life, it is possible to enjoy both. It is very good combination right, you still desire to miss it? What kind of hangout type is it? Oh occur its mind hangout folks. What? Still don't have it, oh come on its known as reading friends.

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