

How Your Heart Works: Heart Disease and How to Prevent it

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Abstrak

This fascinating book tells you everything about your heart: facts, figures & quotes; the history of heart surgery; how the heart works; & the symptoms of heart disease & the treatments available. Did you know that the average human heart beats around 100,000 times a day? The book also tells you how to look after your heart, & assess & reduce your risk of heart disease. In addition, it provides useful web sites & addresses. Full-color images throughout the book show how much the heart has embedded itself in our psyche. Translated from the French edition. Beautifully designed!