

Take Heart! A Proven Step-by-Step Program to Improve Your Heart's Health

Kavanagh, Terence, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920579014&lokasi=lokal>

Abstrak

Take Heart offers a comprehensive program designed to aid the recovery of heart disease victims and maintain the fitness for people who might otherwise be heart attack candidates.