

The Heart Attack Recovery Plan: The Positive Approach to Managing Your Lifestyle

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Abstrak

The after-effects of a heart attack are wide ranging - and some of them unexpected. Physical health can never be taken for granted again. A balanced diet becomes a must. But the psychological effects, too, should not to be overlooked. Previously active and self-confident people can find the fear of a repeat attack will prevent them from enjoying sport or active hobbies. Partners may find that they are worried about having sex. Obsessive concern about the condition may dominate conversation. Coming to terms with such a dramatic experience will go through a number of common phases. This practical, accessible and authoritative guide explains not only what causes a heart attack, but also how to come to terms with recovery. It explains how to get the best from your GP, how to live safely - but fully. Complete with general nutritional guidelines this realistic guide is invaluable reading to all those living through a heart attack in the family. It will help you to keep your risk to a minimum and get your health back in good shape.