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Understanding heart disease is your first step in reversing or preventing a potentially life-threatening condition. The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to manage your heart disease and lead a healthy life.

Inside you'll find expert advice and helpful tips on creating a healthy lifestyle. You'll learn how to eating well and exercising regularly can help you get back on track and noticeably improve your health and well-being.

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