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Sommario/riassunto	Millions of people-many of them younger than we care to believe-are living in the aftermath of a heart attack, and it is vital for them to learn

how to reduce the risk factors for subsequent heart problems. This unique and important book offers advice to survivors of a heart attack and also to those trying to prevent the onset of a heart attack. Contributors include not only distinguished medical professionals but also eleven individuals who either participated in a cardiac rehabilitation program or designed a program of their own. The patients-men and women of varied ages and ethnic backgrounds-relate their own histories, providing insight into the many faces of heart disease and inspiration and hope for other heart attack survivors. The book includes:• risk factors• diets, diagnosis, and treatment• ways to prevent angina from becoming a heart attack• strategies for reversing coronary artery disease• guidelines for choosing a cardiac rehabilitation program• a description of cardiac rehabilitation in action

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