



Dr. Suzanne Steinbaum's Heart Book: Every Woman's Guide to a Heart-Healthy Life

Dr. Suzanne Steinbaum

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In the tradition of Christiane Northrup, a renowned cardiologist integrates emotional and physical well-being in a revolutionary new approach to women's heart health.

As a cardiologist with a specialization in women's heart disease, Dr. Steinbaum has helped thousands of patients resolve their heart issues, and aims to do the same for readers in her inspirational book that will change the way we think about heart health. She guides readers through the risk factors of heart disease, from the traditional physical benchmarks like weight, cholesterol, and blood pressure, to lifestyle habits, emotional awareness, and even the way she sees herself in the mirror—and in the world.

In *Dr. Suzanne Steinbaum's Heart Book*, readers are shown clear, easy steps on how to maximize heart health. This is a life book that will teach women how to regain control over all aspects of their busy lives, including how to finally achieve:

- A heart-healthy diet
- Heart-supportive exercise
- Heart-enhancing stress management
- Heart-filling relationships
- A sound night's sleep
- A more satisfying sex life
- A calm, focused mind
- A deep level of self care
- And much, much more.

Dr. Suzanne Steinbaum's Heart Book strives to bring forth a new approach to heart-centered healing so that readers everywhere may experience a fulfilling life of health and happiness.

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Spent a free time to be fun activity to perform! A lot of people spent their spare time with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Might be reading a book can be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the book untitled Dr. Suzanne Steinbaum's Heart Book: Every Woman's Guide to a Heart-Healthy Life can be good book to read. May be it could be best activity to you.

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