



# **An Ageless Woman's Guide to Heart Health: Your Path to Lifelong Wellness**

*Elizabeth Jackson*

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Heart disease has long been thought of as a men's issue, when it is actually the leading cause of death in both men and women. In fact, since 1984, more American women than men have died of heart disease. Are you surprised?

Often at the helm of their family's overall health, diet, and nutrition, a woman and her lifestyle decisions can affect not only her own wellbeing; they can determine the habits of her partner and children as well. By becoming better educated, a woman can have a profound, permanent impact on the health of the people around her.

*An Ageless Woman's Guide to Heart Health* is every woman's guidebook to enjoying a heart-healthy life. Renowned cardiologist Dr. Lisa Jackson shares tips and resources to help you make positive steps toward improving your health. Whether you're younger or older, fit or ailing, it's never too late to make changes in your life that can lead you—and those you love—to a healthier heart.

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The reason? Because this An Ageless Woman's Guide to Heart Health: Your Path to Lifelong Wellness is an unordinary book that the inside of the publication waiting for you to snap it but latter it will distress you with the secret that inside. Reading this book beside it was fantastic author who all write the book in such incredible way makes the content within easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of advantages than the other book include such as help improving your proficiency and your critical thinking method. So , still want to hesitate having that book? If I were you I will go to the reserve store hurriedly.

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