

## Heart Survivor: Recovery After Heart Surgery (Paperback)



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### ***Reviews***

*A fresh e book with an all new viewpoint. It is really simplistic but unexpected situations in the 50 % from the book. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
*(Dawn Hane)*

**HEART SURVIVOR: RECOVERY AFTER HEART SURGERY (PAPERBACK)****DOWNLOAD**

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In this first-person account, thriller novel author, and scuba diving safety expert, Eric Douglas examines his own recovery from open-heart surgery and the road back to health and fitness as a Heart Survivor. In January 2016, Douglas failed a stress test and ultimately had quintuple bypass surgery. Looking back over the previous year, he recognized many times that he denied symptoms and ignored the possibility that his heart was in trouble. Following the surgery, Douglas made two promises: to be as public as he could about his own recovery process so others could learn from it; and to get back in shape so he could return to scuba diving. Douglas story is for anyone diagnosed with heart disease whether they are treating their condition with diet and medications, received stents to open arteries or have had open-heart surgery. To further illustrate the recovery process, Douglas surveyed more than 100 survivors to learn about their diagnoses, the changes they made in their lives and how their own recoveries progressed.

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