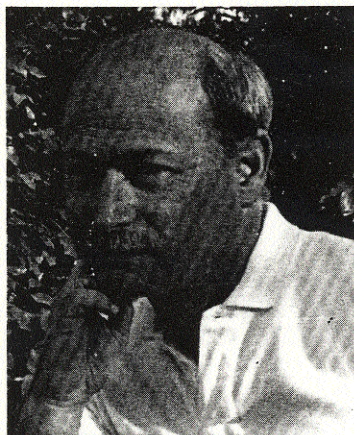
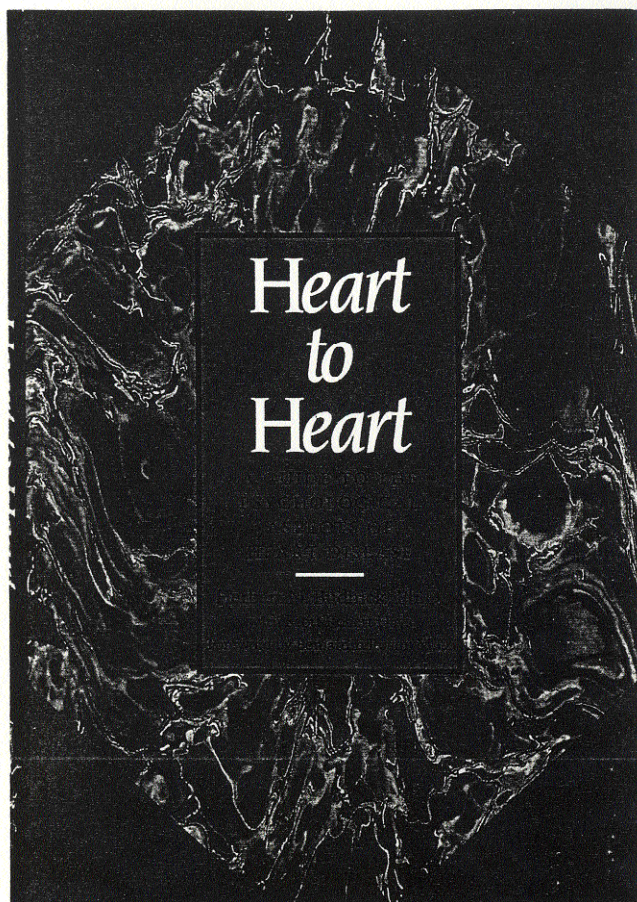


It takes more than medication and a low fat diet to recover from a heart attack...



HEART TO HEART by Herbert N. Budnick, Ph.D.
ISBN 0-929173-07-4 \$22.95

Available from HEALTH PRESS, P.O. BOX 1388
SANTA FE, NM 87504 (505) 982-9373
TO ORDER: 1-800-288-0718

Heart attack...the pain is more than physical...

Cardiac patients and their families are often scared and confused, filled with questions, anxieties and concerns. These issues may be medical or emotional, dealing with a change in lifestyle, family income, self image, loss of control, and the basic uncertainty of "what comes next."

In *HEART TO HEART*, Dr. Budnick offers answers to commonly asked questions and provides encouraging advice to begin the process of healing. It is written specifically for the cardiac patient and his or her family. It can provide you with a solid foundation from which to learn more about yourself, your family, and this life-threatening illness. The material found in this book can also serve as a useful guide for all medical professionals dealing with cardiac care.

I read HEART TO HEART with much enthusiasm. Many of the issues addressed sure hit home and I know anyone who has experienced cardiac problems and those families touched by it will certainly benefit from the book.

*Dan Reeves, Head Coach
Denver Broncos*

- *Heart to Heart* is an easy-to-use reference guide for the entire cardiac family, and an invaluable tool for physicians, nurses or any professional who works closely with cardiac patients.

Very compelling...meets a critical need in the literature available to spouses and patients following the diagnosis of coronary artery disease.

*Kathleen Dracup, RN, DNSc
Editor, Heart & Lung,
The Journal of Critical Care*