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The McDougall Program for a Healthy Heart: A Lifesaving Approach to Preventing and Treating Heart Disease

McDougall, John A, author

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Abstrak

Utilizing an innovative approach to diet, exercise, and lifestyle to prevent and treat heart disease, this up-todate guide offers a twelve-day menu plan, more than one hundred healthful recipes, advice on how to break bad habits, and tips on setting realistic exercise goals.