

**CHANGE OF HEART: UNRAVELING THE MYSTERIES OF
CARDIOVASCULAR DISEASE**

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A change of heart: unraveling the mysteries of cardiovascular disease / Daniel Levy & Cardiovascular system -- Diseases -- Massachusetts -- Framingham.

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Some may find this kind on nonsense interesting but I wanted the specifics of what they found from the studies and how their ideas of what caused heart disease modified over time. I am not a doctor or medical professional. Health risk assessment -- History -- 20th century.

I'll always appreciate this book for helping me get off on the right foot! Ship From Dude to Dad. It's not your fault if you lack self-discipline. Making the world a better place sounds so cheesy and overdone, but words fail me .

Author Levy, Daniel C. Discover simple habits and exercises to get disciplined and achieve your goals. I became proactive and today I do everything exercise, diet, etc.