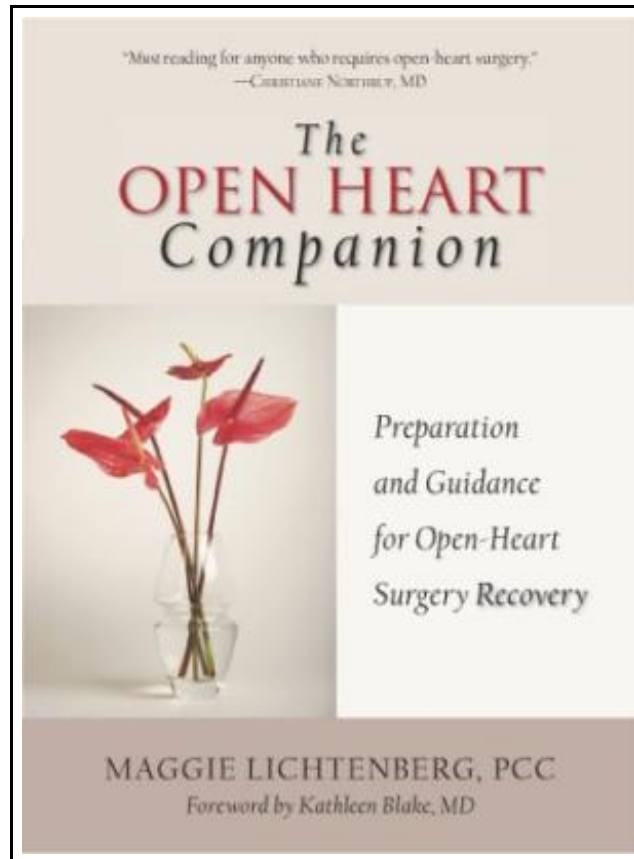


## The Open Heart Companion: Preparation and Guidance for Open-Heart Surgery Recovery (Paperback)



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### ***Reviews***



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*(Destin Leffler)*

## THE OPEN HEART COMPANION: PREPERATION AND GUIDANCE FOR OPEN-HEART SURGERY RECOVERY (PAPERBACK)



Roman Catholic Books, United States, 2006. Paperback. Book Condition: New. 183 x 140 mm. Language: English . Brand New Book. This book s promise Every year in the US alone, 709,000 open-heart patients (current AHA figures) plod through an arduous convalescence. Very seldom are heart patients told what to really expect during the stressful open-heart surgery recovery period of 8-12 weeks. Far too many open-heart patients and primary caregivers don t proactively plan ahead for this very challenging time.As a recent heart patient, I decided this needed to change. Through dozens of interviews, and weaving in my own personal story, The Open Heart Companion reinforces the wisdom that knowledge is power, and knowing what to expect during open-heart surgery recovery -- and planning for it -- makes the process so much easier. While books on heart disease prevention and surgical intervention abound, most have no day-by-day advice once the open-heart patient has left the hospital. The Open Heart Companion fills this gap. It is the first book written with the focus on the long recuperation period with the goal of reducing fear and stress by simply planning ahead -- written by a heart surgery patient, for patients and caregivers. The Book s Biggest Benefit: Not only do Part One and Part Two prepare and empower you for your open-heart surgery operation, Part Three supports you during the difficult recovery gap between hospital discharge and when you are finally healed enough to enroll in a cardiac rehab program a stretch of four to eight challenging weeks. Advance praise for The Open Heart Companion The Open Heart Companion is just that -- a book that acts as a loving, wise, and comforting partner who gently guides you through the stages of preparing for and successfully completing open-heart surgery. A life-saving gift filled...

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