



# **The Heart Manual: My Scientific Advice for Eating Better, Feeling Better, and Living a Stress-Free Life Now**

*Valentin Fuster*

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# The Heart Manual: My Scientific Advice for Eating Better, Feeling Better, and Living a Stress-Free Life Now

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## The Heart Manual: My Scientific Advice for Eating Better, Feeling Better, and Living a Stress-Free Life Now Valentin Fuster

The director of the Cardiovascular Institute at New York's Mount Sinai Hospital, Valentín Fuster calls his book *The Heart Manual*, "My Scientific Advice for Eating Better, Feeling Better, and Living a Stress-Free Life Now." In this essential, gimmick-free guide, the renowned cardiologist whose clients have ranged from Bill Clinton to Ted Kennedy, from Henry Kissinger to the Bush family, offers easy to read and follow advice to help you achieve TOTAL health, both physical and mental. *The Heart Manual* belongs in every home health library—right next to *You: The Owner's Manual* by Dr. Mehmet C. Oz.<?xml:namespace prefix = o ns = "urn:schemas-microsoft-com:office:office" />

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