



Living With Congestive Heart Failure: 10 Simple Steps To A Healthier Heart

C. H. Truelove

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Without the right tools it is very difficult to achieve a healthier life. With them, you can't help but flourish.

Have you been diagnosed with Congestive Heart Failure? Have you tried following a diet but your weight keeps increasing? Are you tired of feeling like you are losing control of your health and/or your life?

“Living with Congestive Heart Failure” offers a simple guide to gain control of CHF and improve your health and life.

In this quick and simple guide, the author, C. H. Truelove – a Registered Nurse with a Bachelor of Science in Nursing – shows you step-by-step how to take action to see improvement in your health right away.

What You Will Learn In This Book:

- Types of foods to avoid for maximum weight loss.
- Tips on improving symptoms of CHF.
- Tools to use for better communication with your doctor.
- Glossary included to better understand your medical condition.

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