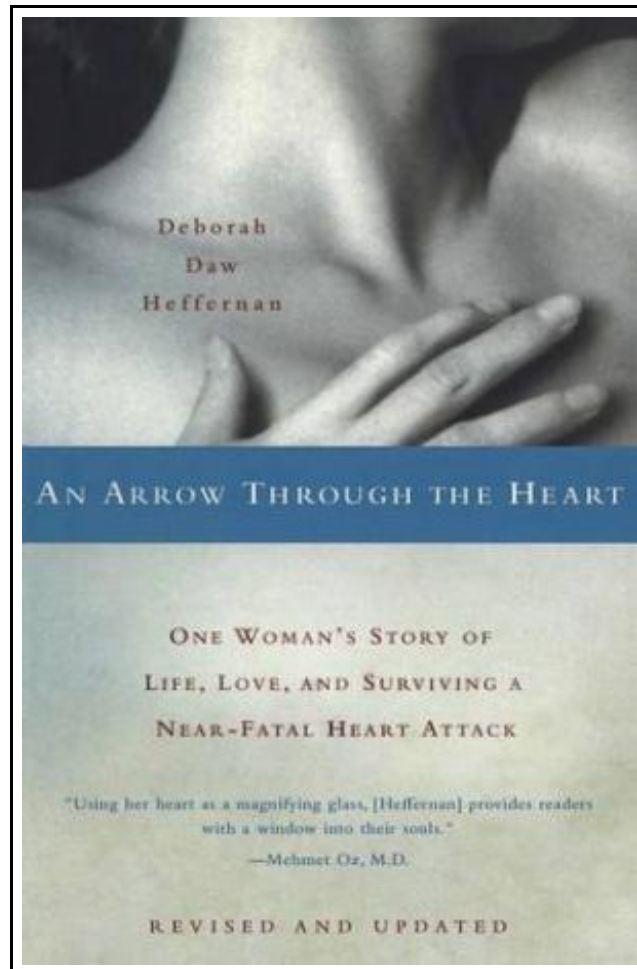


## An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack



Filesize: 5.42 MB

### ***Reviews***

*This created ebook is great. it was writtern very properly and useful. Its been printed in an exceedingly easy way in fact it is just right after i finished reading this pdf where basically modified me, alter the way i think.*



*(Aglae Becker)*

## AN ARROW THROUGH THE HEART: ONE WOMAN S STORY OF LIFE, LOVE, AND SURVIVING A NEAR-FATAL HEART ATTACK

DOWNLOAD



Open Road Distribution, United States, 2015. Paperback. Book Condition: New. Reprint. 211 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the words of Mehmet Oz, MD: An Arrow Through the Heart is an epiphany for women who mistakenly believe that they are immune from the ravages of heart disease. Using her heart as a magnifying glass, Deborah Daw Heffernan provides readers with a window into their souls. This groundbreaking memoir was first mentioned on Oprah Winfrey s life-saving 2002 show announcing cardiovascular disease as a leading cause of death among young women. That tragic fact is still true. With both depth and humor, Deborah Daw Heffernan recounts her first year of recovery from the massive heart attack that ambushed her in a gentle yoga class-during the prime of her life and despite her impeccable health history. Ranging from high-stakes action in the OR at Massachusetts General Hospital in Boston to quietly unfolding seasons on a lake in Maine, An Arrow Through the Heart is a moving and informative story of what it takes to find one s own path to true healing. Ultimately, Heffernan combines allopathic and complementary medicine to create a sensible recovery strategy for our times. She touchingly describes her husband s devotion and the toll that her cardiovascular disease takes on him, as well as how he, too, grew from the experience. Weaving their story with the lives of family and friends, Heffernan demonstrates how illness can be transformative for all involved. Not only an empowering companion for cardiac patients, this medical classic is a guide to recovery from catastrophic change of any kind. Above all, it is a powerful testament to the unexpected joy that can come from leading a life of acknowledged impermanence. Updates include cardiovascular data for today...

-  [Read An Arrow Through the Heart: One Woman s Story of Life, Love, and Surviving a Near-Fatal Heart Attack Online](#)
-  [Download PDF An Arrow Through the Heart: One Woman s Story of Life, Love, and Surviving a Near-Fatal Heart Attack](#)

## Other PDFs

---



### **Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

[Download Book »](#)

---



### **The Stories Mother Nature Told Her Children**

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Purchase one of 1st World Library s Classic Books and help...

[Download Book »](#)

---



### **Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!**

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on...

[Download Book »](#)

---



### **I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids (Hardback)**

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. One day, third-grade teacher Kyle Schwartz asked her students to fill-in-the-blank in this sentence:...

[Download Book »](#)

---



### **Odd, Weird Little**

Egmont USA, United States, 2015. Paperback. Book Condition: New. Reprint. 190 x 132 mm. Language: English . Brand New Book. New in paperback! \* At last: a humorous, useful and pedantry-free book about bullying! --...

[Download Book »](#)



**Half-A-Dozen Housekeepers(1903) a Story for Girls by Kate Douglas Smith Wiggin**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin (September 28, 1856 August 24, 1923) was

[Download PDF »](#)



**DK Readers L1: Jobs People Do: A Day in the Life of a Teacher**

DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. American.. 224 x 150 mm. Language: English . Brand New Book. This Level 1 book is appropriate for children who are just beginning to

[Download PDF »](#)



**History of the Town of Sutton Massachusetts from 1704 to 1876**

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This version of the History of the Town of Sutton Massachusetts

[Download PDF »](#)



**Rumpy Dumb Bunny: An Early Reader Children s Book**

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Rumpy is a dumb bunny. He eats poison ivy for breakfast and annoys

[Download PDF »](#)



**A Hero s Song, Op. 111 / B. 199: Study Score**

Petrucci Library Press, United States, 2013. Paperback. Book Condition: New. 577 x 401 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Composed between August 4 and October 25 of 1897, A Hero

[Download PDF »](#)