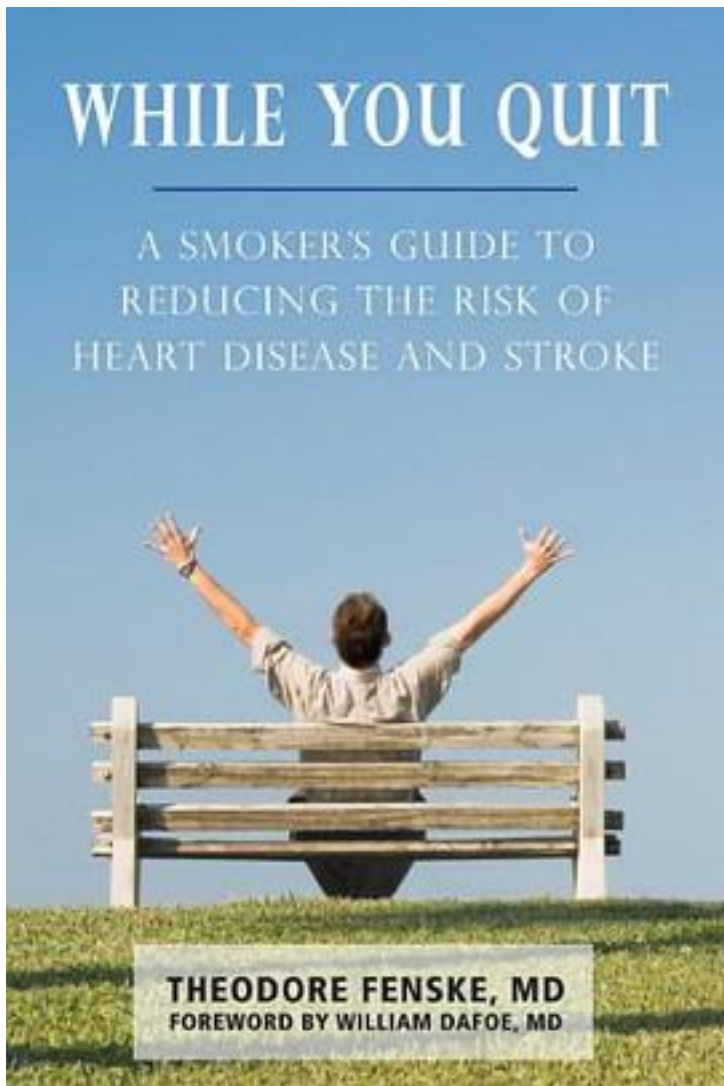


While You Quit



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出版者:

出版时间:2009-6

装帧:

isbn:9781550029390

Smoking doesn't have to leave you at a dead end. This unique book provides insight, whether you are a current or past smoker, on how to reduce your risk for heart attack and stroke before it's too late. Rather than asking you to quit smoking, Dr Fenske instead asks you to make changes in your life while you quit, by focusing on how the cardiovascular system is susceptible to disease, and how its healthy function can be optimised independent of smoking. Humorous and informative, "While You Quit" asks you to take a series of small, intentional steps toward vascular health. Armed with a state-of-the-art perspective on vascular biology, you follow Peter, an overweight, cigarette-addicted patient, as he takes these small strides. You will see clearly how each improvement directly impacts his vital statistics - just as they will for you, even if quitting isn't on your road map yet.

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