

Heart to Heart

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Bruce Johnson, the author, is a heart attack survivor and he wants to get the word out. While much has been written about the medical side of heart attacks, little has been written about the emotional and human side of heart attacks and cardiovascular disease. It really doesn't matter what sparks the sudden Coronary Thrombosis (MI), the medical term for a heart attack. This disease is an equal opportunity killer. Men, women, young, old, rich, poor, famous and people who aren't known outside of their families and workplaces Dead is dead and by most accounts the one million people who will have heart attacks this year might have been spared had they made a few lifestyle changes. That's what the country's cardiologists are begging for today. The author interviewed dozens of candidates but he wanted a diverse group of heart attack survivors who represented a cross section of America. He found them and in some cases, they heard about his project and found him. These are their stories of regaining life after a heart attack

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