



Dr. Dean Ornish's Program for Reversing Heart Disease

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"Whether or not you think you'll ever be concerned about your heart, this is likely to be the most useful book about health you'll read this year, maybe ever."

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In this breakthrough book, Dr. Dean Ornish presents dramatic evidence that heart disease can be halted or even reversed simply by changing your life-style. Step-by-step he will guide you through the extraordinary Opening Your Heart program that takes you beyond the purely physical side of health care to include the psychological, emotional, and spiritual aspects so vital to healing. This book represents the best modern medicine has to offer. It can inspire you to open your heart to a longer, better, happier life.



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