



# The Female Heart: The Truth about Women and Heart Disease

Marianne J. Legato, Carol Colman

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## The Female Heart: The Truth about Women and Heart **Disease**

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The Female Heart: The Truth about Women and Heart Disease Marianne J. Legato, Carol Colman A woman doctor tells women everything they need to know to prevent, recognize and recover from heart disease, including a profile of the high-risk woman; why women are different; the truth about stress; a woman's healthy diet; good news about exercise; and much more.



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