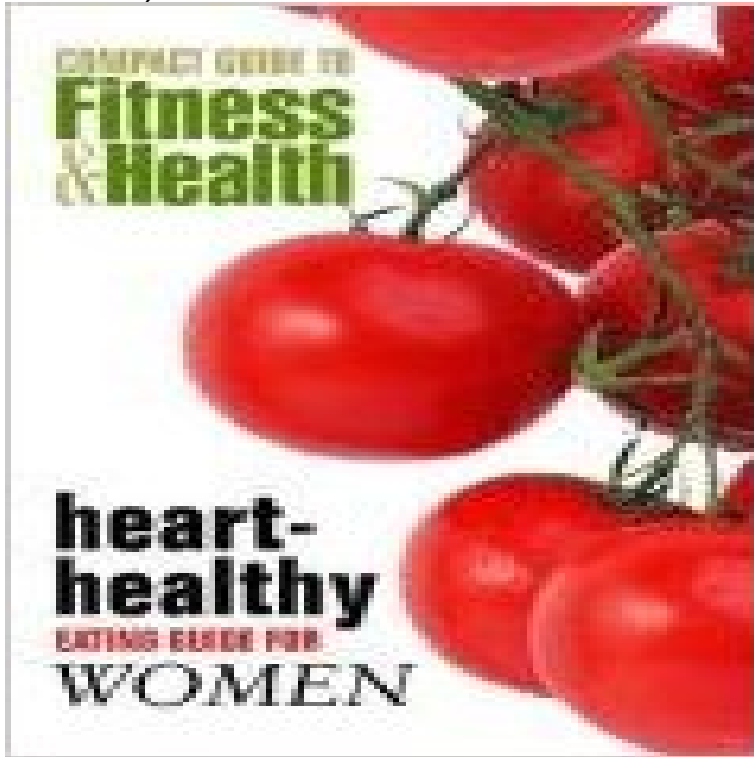


## Heart-Healthy Eating Guide for Women (Compact Guide to Fitness & Health)



The Compact Guides to Fitness & Health were researched and compiled by the Mayo Clinic. This 17-volume set gives specific information on how to live a healthier life, for example, Living Disease-Free, Your Healthy Back, and Medical Tests Every Man Needs.

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