

# Heart

John Eldredge

*Heart Book* Jeffrey Dach,2018-08-16 Heart Book by Jeffrey Dach MD is a journey through the confusing maze of coronary artery disease. The old medical paradigms of cholesterol and statin drugs have been upended, yet mainstream cardiology clings to these tired dogmas as if nothing has changed. This book is the paradigm shift in how to prevent and reverse coronary artery disease.

**Heart** Dick Cheney,Jonathan Reiner,2013-10-22 Former Vice President Dick Cheney and his longtime cardiologist, Dr. Jonathan Reiner, share the story of Cheney's thirty-five-year battle with heart disease—providing insight into the incredible medical breakthroughs that have changed cardiac care over the last four decades. For as long as he has served at the highest levels of business and government, Vice President Dick Cheney has also been one of the world's most prominent heart patients. Now, for the first time ever, Cheney, together with his longtime cardiologist, Jonathan Reiner, MD, shares the very personal story of his courageous thirty-five-year battle with heart disease, from his first heart attack in 1978 to the heart transplant he received in 2012. In 1978, when Cheney suffered his first heart attack, he received essentially the same treatment President Eisenhower had had in 1955. Since then, cardiac medicine has been revolutionized, and Cheney has benefitted from nearly every medical breakthrough. At each juncture, when Cheney faced a new health challenge, the technology was one step ahead of his disease. Cheney's story is in many ways the story of the evolution of modern cardiac care. Heart is the riveting, singular memoir of both doctor and patient. Like no US politician has before him, Cheney opens up about his health struggles, sharing harrowing, never-before-told stories about the challenges he faced during a perilous time in our nation's history. Dr. Reiner provides his perspective on Cheney's case and also gives readers a fascinating glimpse into his own education as a doctor and the history of our understanding of the human heart. He masterfully chronicles the important discoveries, radical innovations, and cutting-edge science that have changed the face of medicine and saved countless lives. Powerfully braiding science with story and the personal with the political, Heart is a sweeping, inspiring, and ultimately optimistic book that will give hope to the millions of Americans affected by heart disease.

**Heart: A History** Sandeep Jauhar,2018-09-18 The bestselling author of Intern and Doctored tells the story of the thing that makes us tick For centuries, the human heart seemed beyond our understanding: an inscrutable shuddering mass that was somehow the driver of emotion and the seat of the soul. As the cardiologist and bestselling author Sandeep Jauhar shows in Heart: A History, it was only recently that we demolished age-old taboos and devised the transformative procedures that have changed the way we live. Deftly alternating between key historical episodes and his own work, Jauhar tells the colorful and little-known story of the doctors who risked their careers and the patients who risked their lives to know and heal our most vital organ. He introduces us to Daniel Hale Williams, the African American doctor who performed the world's first open heart surgery in Gilded Age Chicago. We meet C. Walton Lillehei, who connected a patient's circulatory system to a healthy donor's, paving the way for the heart-lung machine. And we encounter Wilson Greatbatch, who saved millions by inventing the pacemaker—by accident. Jauhar deftly braids these tales of discovery, hubris, and sorrow with moving accounts of his family's history of heart ailments and the patients he's treated over many years. He also confronts the limits of medical technology, arguing that future progress will depend more on how we choose to live than on the devices we invent. Affecting, engaging, and beautifully written, Heart: A History takes the full measure of the only organ that can move itself.

**Atlas of the Heart** Brené Brown,2021-11-30 #1 NEW YORK TIMES BESTSELLER • In her latest book, Brené Brown writes, “If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and be stewards of the stories that we hear. This is the framework for meaningful connection.” Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! In Atlas of the Heart, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection. Over the past two decades, Brown's extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. Atlas of the Heart draws on this research, as well as on Brown's singular skills as a storyteller, to show us how accurately naming an experience doesn't give the experience more power—it gives us the power of understanding, meaning, and choice. Brown shares, “I want this book to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves.”

*Heart 411* Marc Gillinov, M.D.,Steven Nissen, M.D.,2012-01-31 The definitive guide to heart health from two of America's most respected doctors at Cleveland Clinic, the #1 hospital for heart health in America. Are you one of the eighty-two million Americans currently diagnosed with cardiovascular disease—or one of the millions more who think they are healthy but are at risk? Whether your goal is to get the best treatment or stay out of the cardiologist's office, your heart's health depends upon accurate information and correct answers to key questions. In Heart 411, two renowned experts, heart surgeon Marc Gillinov and cardiologist Steven Nissen, tackle the questions their patients have raised over their decades of practice: Can the stress of my job really lead to a heart attack? How does exercise help my heart, and what is the right amount and type of exercise? What are the most important tests for my heart, and when do I need them? How do symptoms and treatments differ among men, women, and children? Backed by decades of clinical experience and up-to-the-minute research, yet written in the accessible, down-to-earth tone of your trusted family doctor, Heart 411 cuts through the confusion to give you the knowledge and tools you need to live a long and heart-healthy life.

Dr. Suzanne Steinbaum's Heart Book Suzanne Steinbaum,2013-01-24 In the tradition of Christiane Northrup, a renowned cardiologist integrates emotional and physical well-being in a revolutionary new approach to women's heart health. As a cardiologist with a specialization in women's heart disease, Dr. Steinbaum has helped thousands of patients resolve their heart issues, and aims to do the same for readers in her inspirational book that will change the way we think about heart health. She guides readers through the risk factors of heart disease, from the traditional physical benchmarks like weight, cholesterol, and blood pressure, to lifestyle habits, emotional awareness, and even the way she sees herself in the mirror—and in the world. In Dr. Suzanne Steinbaum's Heart Book, readers are shown clear, easy steps on how to maximize heart health. This is a life book that will teach women how to regain control over all aspects of their busy lives, including how to finally achieve: A heart-healthy diet Heart-supportive exercise Heart-enhancing stress management Heart-filling relationships A sound night's sleep A more satisfying sex life A calm, focused mind A deep level of self care And much, much more. Dr. Suzanne Steinbaum's Heart Book strives to bring forth a new approach to heart-centered healing so that readers everywhere may experience a fulfilling life of health and happiness.

*Cleveland Clinic Heart Book* Eric Topol,Cleveland Clinic,Michael D. Eisner,2000-03-08 The Cleveland Clinic Heart Book provides a modern view of heart health care for all ages, including invaluable information on numerous diseases and conditions along with their diagnoses; plus current standards of practice as well as up-to-the-minute surgical procedures. The Cleveland Clinic Heart Book has heart health tips for the entire family.

**The Healthy Heart Book** Morag K. Thow,Keri Graham,Choi Lee,2013 Provides guidance on protecting the heart by living a healthy lifestyle, including explaining coronary heart disease, what the most effective exercises are for prevention of heart disease, and how to manage stress and anxiety.

**The Heart** Maylis de Kerangal,2016-02-09 One of Bill Gates' Five Best Summer Reads The basis for the critically-acclaimed film, Heal the Living, directed by Katell Quillévéré and starring Tahar Rahim and Emmanuelle Seigner Albertine Prize Finalist Winner of the Wellcome Book Prize and the French-American Foundation Translation Prize Just before dawn on a Sunday morning, three teenage boys go surfing. While driving home exhausted, the boys are involved in a fatal car accident on a deserted road. Two of the boys are wearing seat belts; one goes through the windshield. The doctors declare him brain-dead shortly after

arriving at the hospital, but his heart is still beating. The Heart takes place over the twenty-four hours surrounding the resulting heart transplant, as life is taken from a young man and given to a woman close to death. In gorgeous, ruminative prose, it examines the deepest feelings of everyone involved as they navigate decisions of life and death. As stylistically audacious as it is emotionally explosive, The Heart mesmerized readers in France, where it has been hailed as the breakthrough work of a new literary star. With the precision of a surgeon and the language of a poet, de Kerangal has made a major contribution to both medicine and literature with an epic tale of grief, hope, and survival.

**Tattoos on the Heart** Greg Boyle,2011-02-08 Father Boyle started Homeboy Industries nearly 20 years ago, which has served members of more than half of the gangs in Los Angeles. This collection presents parables about kinship and the sacredness of life drawn from Boyle's years of working with gangs.

**The Book of the Heart** Eric Jager,2000-08 In today's increasingly electronic world, we say our personality traits are hard-wired and we replay our memories. But we use a different metaphor when we speak of someone reading another's mind or a desire to turn over a new leaf—these phrases refer to the book of the self, an idea that dates from the beginnings of Western culture. Eric Jager traces the history and psychology of the self-as-text concept from antiquity to the modern day. He focuses especially on the Middle Ages, when the metaphor of a book of the heart modeled on the manuscript codex attained its most vivid expressions in literature and art. For instance, medieval saints' legends tell of martyrs whose hearts recorded divine inscriptions; lyrics and romances feature lovers whose hearts are inscribed with their passion; paintings depict hearts as books; and medieval scribes even produced manuscript codices shaped like hearts. The Book of the Heart provides a fresh perspective on the influence of the book as artifact on our language and culture. Reading this book broadens our appreciation of the relationship between things and ideas.—Henry Petroski, author of The Book on the Bookshelf

**The NET-Heart Book** Clara Saldarriaga,Adrian Baranchuk,2021-10-12 Neglected Tropical Diseases and other Infectious Diseases Affecting the Heart provides a comprehensive and systematic review on the literature surrounding Neglected Tropical Diseases and infectious diseases and how they affect the heart. Written by Emerging Leaders of the Interamerican Society of Cardiology (SIAC), the book includes the latest research findings, covering the cardiac involvement of a range of viral, bacterial and parasitic diseases, including COVID19, HIV, Zika, Lyme Disease, and more. Chapters cover epidemiology, the physiopathology of cardiovascular involvement, symptoms, diagnosis, and treatment options for each disease, making the book suitable to researchers, scientists, clinicians and physicians in the field. Covers the cardiac involvement of a range of viral, bacterial and parasitic diseases, including COVID19, HIV, Influenza, Lyme Disease, and more Explains the diagnosis and management of cardiovascular ailments in neglected tropical diseases Written in an easy to read manner with figures, illustrations and tables to aid understanding Contains chapter formatted with an Introduction, Epidemiology, Physiopathology of Cardiovascular (CV) involvement, Symptoms, Diagnosis, Treatment, Discussion and Conclusions

**Words and Your Heart** Kate Jane Neal,2017-12-26 This book is about your heart (the little bit inside of you that makes you, you!) The words we listen to can affect how we feel. Some words can do amazing things and make us happy. And some words can really hurt us (we all know what sort of words those are). Our words have power, and we can choose to use them to make the world a better place. Simple, direct, and emotive, Words and Your Heart's message is that words have extraordinary power-to harm and to heal, to create and to destroy, and to spread love.

**Journey to the Heart** Melody Beattie,2013-04-30 Journey to the Heart by New York Times bestselling author of Codependent No More, Beyond Codependency, and Lessons of Love, contains 365 insightful daily meditations that inspire readers to unlock their personal creativity and discover their divine purposes in life. “Melody Beattie gives you the tools to discover the magnificence and splendor of your being.” -Deepak Chopra, author of Jesus and Buddha

**The All-I'll-Ever-Want Christmas Doll** Patricia C. McKissack,2007-09-11 Newbery Honor-winning author McKissack and Caldecott Medal-winning illustrator Pinkney have outdone themselves in this heart-warming picture book infused with humor and the true spirit of Christmas. Christmas always comes to Nella's house, but Santa Claus brings gifts only once in a while. That's because it's the Depression and Nella's family is poor. Even so, Nella's hoping that this year she and her two sisters will get a beautiful Baby Betty doll. On Christmas morning, the girls are beside themselves with excitement! There is Baby Betty, in all her eyelash-fluttering magnificence. “Mine!” Nella shouts, and claims the doll for herself. But soon she discovers that Baby Betty isn't nearly as much fun as her sisters. Would it be more fun to share this very best gift with them after all?

**State of the Heart** Haider Warraich,2019-07-23 In State of the Heart, Dr. Haider Warraich takes readers inside the ER, inside patients' rooms, and inside the history and science of cardiac disease. State of the Heart traces the entire arc of the heart, from the very first time it was depicted on stone tablets, to a future in which it may very well become redundant. While heart disease has been around for a while, the type of heart disease people have, why they have it, and how it's treated is changing. Yet, the golden age of heart science is only just beginning. And with treatments of heart disease altering the very definitions of human life and death, there is no better time to look at the present and future of heart disease, the doctors and nurses who treat it, the patients and caregivers who live with it, and the stories they hold close to their chests. More people die of heart disease than any other disease in the world and when any form of heart disease progresses, it can result in the development of heart failure. Heart failure affects millions and can affect anyone at anytime, a child recovering from a viral infection, a woman who has just given birth or a cancer patient receiving chemotherapy. Yet new technology to treat heart failure is fundamentally changing just what it means to be human. Mechanical pumps can be surgically sown into patients' hearts and when patients with these pumps get really sick, sometimes they don't need a doctor or a surgeon—they need a mechanic. In State of the Heart, the journey to rid the world of heart disease is shown to be reflective of the journey of medical science at large. We are learning not only that women have as much heart disease as men, but that the type of heart disease women experience is diametrically different from that in men. We are learning that heart disease and cancer may have more in common than we could have imagined. And we are learning how human evolution itself may have led to the epidemic of heart disease. In understanding how our knowledge of the heart evolved, State of the Heart traces the twisting and turning road that science has taken—filled with potholes and blind turns—all the way back to its very origin.

**Lifestyle in Heart Health and Disease** Ronald Ross Watson,Sherma Zibadi,2018-01-31 Lifestyle and Heart Health and Disease provides a comprehensive evaluation of lifestyle factors that modify heart function and structure. It includes coverage of a wide range of lifestyle factors, including physical activity, alcohol, tobacco, drugs of abuse, nutrition and psychosocial factors. The book clearly presents the scientific evaluation of published research relating to general responses by scientists, physicians and patients, along with new research on the role of lifestyle in the prevention, amelioration and causation of cardiac remodeling and disease. Explains the pathogenic mechanisms of cardiovascular diseases and the targets of therapy Presents methods contained within the book that can be applied to the diagnosis of heart disease Contains a concise summary with recommendations for actions and conclusions Provides a one-stop-shopping synopsis of key ideas associated with many aspects of lifestyle

**The Shape of My Heart** Mark Sperring,2015-12-01 Do you see what I see? From sun up to sun down, from our hands to our feet, to the animals, cars, food, and teddy bears around us, the world is alive with endless shapes to identify. Once you start to look, you never know what shapes you'll discover next! With its gently reassuring text and vivid, vibrant illustrations, The Shape of My Heart is perfect for younger children. Parents and children will delight in reading along and exploring the world in a whole new way, in this valentine for all seasons.

**Wild at Heart** John Eldredge,2011-04-17 In all your boyhood dreams of growing up, did you dream of being a nice guy? Eldredge believes that every man longs for a battle to fight, an adventure to live, and a beauty to rescue. That is how he bears the image of God; that is what God made him to be.

The Right Heart Sean P. Gaine,Robert Naeije,Andrew John Peacock,2014-05-12 The heart and lung are intricately linked. When the heart is affected by disease, the lungs will often show some related pathological or clinical conditions and vice versa. Pulmonary heart disease is by definition a condition when the lungs cause the heart to fail. The left ventricle in combination with the other structures in the “left heart” pumps blood throughout the body. The right ventricle (and structures of the “right heart”) pumps blood to the lungs where it is oxygenated and returned to the left heart for distribution. In normal circumstances, the right heart pumps blood into the lungs without any resistance. The lungs usually have minimal pressure and the right heart easily pumps blood through. However when there is lung disease present, like emphysema, chronic obstructive lung disease (COPD) or pulmonary hypertension- the small blood vessels become very stiff and rigid. The right ventricle is no longer able to push blood into the lungs and eventually fails. This is known as pulmonary heart disease. Pulmonary heart disease is also known as right heart failure or cor pulmonale. The chief cause of right heart failure is the increase in blood pressure in the lungs (pulmonary artery).

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