

# Heart

**J.R. Martinez**

*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.

**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.

*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*

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.

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

*Shot in the Heart* Mikal Gilmore, 2009-09-23 NATIONAL BOOK CRITICS CIRCLE AWARD WINNER WINNER OF THE LOS ANGELES TIMES BOOK PRIZE Haunting, harrowing, and profoundly affecting, *Shot in the Heart* exposes and explores a dark vein of American life that most of us would rather ignore. It is a book that will leave no reader unchanged. Gary Gilmore, the infamous murderer immortalized by Norman Mailer in *The Executioner's Song*, campaigned for his own death and was executed by firing squad in 1977. Writer Mikal Gilmore is his younger brother. In *Shot in the Heart*, he tells the stunning story of their wildly dysfunctional family: their mother, a black sheep daughter of unforgiving Mormon farmers; their father, a drunk, thief, and con man. It was a family destroyed by a multigenerational history of child abuse, alcoholism, crime, adultery, and murder. Mikal, burdened with the guilt of being his father's favorite and the shame of being Gary's brother, gracefully and painfully relates a murder tale from inside the house where murder is born... a house that, in some ways, [he has] never been able to leave. *Shot in the Heart* is the history of an American family inextricably tied up with violence, and the story of how the children of this family committed murder and murdered themselves in payment for a long lineage of ruin.

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?

*Renovation of the Heart* Dallas Willard, 2014-02-27 As Christians, we know that we are new creations in Jesus. So we try to act differently, hoping this will make us more like Him. But changing our outward behavior doesn't change our hearts. Only by God's grace can we be transformed internally. *Renovation of the Heart* lays a biblical foundation for understanding what best-selling author Dallas Willard calls the "transformation of the spirit"—a divine process that "brings every element in our being, working from inside out, into harmony with the will of God." This fresh approach to spiritual growth explains the biblical reasons why Christians need to undergo change in six aspects of life: thought, feeling, will, body, social context, and soul. Willard also outlines a general pattern of transformation in each area, not as a sterile formula but as a practical process that you can follow without the guilt or perfectionism so many Christians wrestle with. Don't settle for complacency. Accept the challenge *Renovation of the Heart* offers to become an intentional apprentice of Jesus Christ, changing daily as you walk with Him.

**Full of Heart** J.R. Martinez, 2012-10-30 An inspirational journey from tragedy to triumph In 2003, nineteen-year-old Private J.R. Martinez was on a routine patrol when the Humvee he was driving hit an antitank mine in Iraq, resulting in severe injuries and burns on his face and more than one-third of his

body. Out of that tragedy came an improbable journey of inspiration, motivation, and dreams come true. In *Full of Heart*, Martinez shares his story in intimate detail, from his upbringing in the American South and his time in the Army to his recovery and the indomitable spirit that has made him an inspiration to countless fans. J.R. Martinez always had a strong spirit. Raised in Bossier City, Louisiana, and then Hope, Arkansas, by a single mother from El Salvador, he was well known at school for his good looks and his smart mouth. At seventeen, showing an early determination and drive that would become one of his trademark qualities, J.R. convinced his mom to move to Dalton, Georgia, where he believed he would have a better chance of being recruited to play college football. His positive attitude earned him a spot on a competitive high school football squad, but when his college dreams collapsed, he turned to the U.S. Army. A few months later, he found himself serving in Iraq. When J.R.'s humvee hit a mine and exploded—just one month into his deployment—he was immediately evacuated to a San Antonio medical center, where he spent the next thirty-four months in grueling recovery. Seeing his disfigured face for the first time after the accident threw him into a crushing period of confusion and anger. His spirits were low, until he was asked to speak to another young burn victim. J.R. realized how valuable and gratifying it was to share his experiences with other patients and listen to theirs. He'd found a calling. His fellow soldiers, along with the local and then national media, soon latched onto J.R.'s spirit and strength. His resilience, optimism, and charm were also noted by Hollywood and scored him roles on *All My Children* and *Dancing with the Stars*, where he was the season thirteen champion. Today, J.R. tours the country sharing his story and his lessons for overcoming challenges and embracing hope, lessons that abound in this book. *Full of Heart* is an unforgettable story of a man who never gave up on his dreams. After being injured in Iraq, J.R. Martinez became a motivational speaker, actor, and winner of season thirteen of *Dancing with the*

Stars. Martinez lives in Los Angeles

**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.

*Pieces of the Heart* Karen White, 2006-04-04 In lyrical and evocative prose, the New York Times bestselling author of the Tradd Street novels takes the scattered pieces of a life and weaves them into a tale of hope... Caroline Collier is a woman bogged down in the harsh realities of a life barely lived. Stress from her all-consuming job as an accountant has given her panic attacks, forcing her to take a leave of absence from work. And though her chances of relaxing in the presence of her overbearing, perfect mother are slim, she joins her at the family's vacation home in the mountains of North Carolina. Though Caroline loves the serene beauty of Lake Ophelia, peace of mind is not to be found. Memories of her beloved younger brother, who died when she was seventeen, continue to haunt her, while the tension between her mother and her still simmers. Only their neighbors, the husband and daughter of one of Caroline's childhood friends, seem able to penetrate her cool reserve, giving Caroline the courage to face her biggest fears—and dive headfirst into life...

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.

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