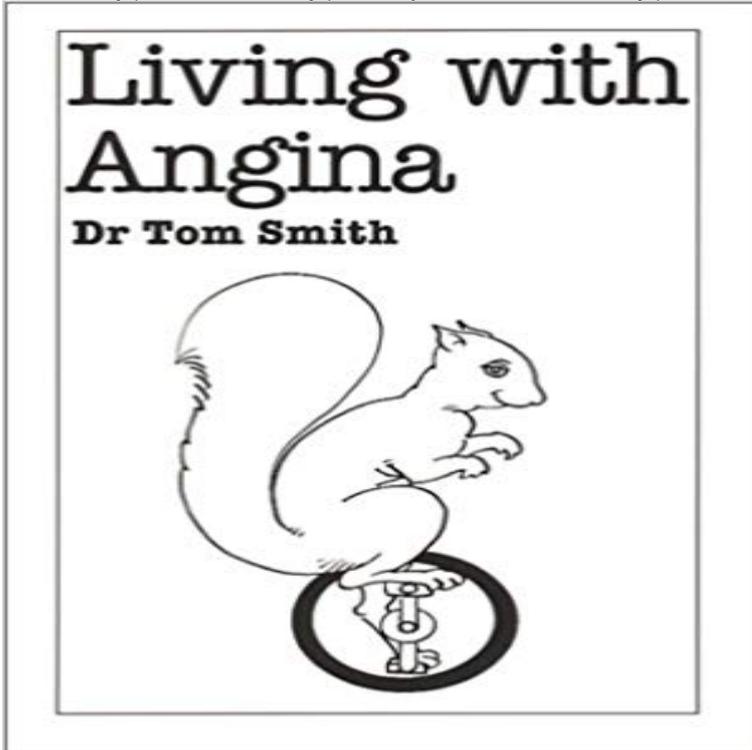


Living with Angina (Overcoming Common Problems Series)



Chest pain can be terrifying. Many people hope that if they ignore it, it will go away. But angina must be taken seriously, and it is very important to find out what you can about it. The book answers the key questions for anyone worried about angina: What should I do when I have chest pain? Does it mean I'm going to have a heart attack? How do I tell if it's serious? The book is also packed with useful advice about diet, exercise and lifestyle, to help anyone with angina live life to the full.

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