



## Live Longer – Have a Heart Attack

What changes would you make in your life if you had a heart attack?

Get fitter? Lose some weight? Give up smoking?

This ebook will help you make changes to your diet, activity levels and weight and to make all those changes you would make if you really had a heart attack - but without the inconvenience of actually having to have one!

Written in the same informative, challenging, encouraging and fun style of all the little CBT ebooks, this double length resource is based on the advice given in the respected NICE guidelines that address weight loss.

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