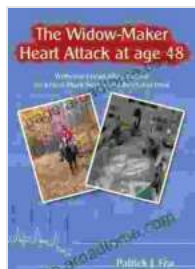


The Widow Maker: A Heart-Stopping Tale of Survival and Hope



The Widow-Maker Heart Attack at Age 48: Written by a Heart Attack Survivor for a Heart Attack Survivor and Their Loved Ones by Patrick J. Fox

★★★★☆ 4.5 out of 5

Language : English
File size : 2095 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 133 pages
Screen Reader : Supported

FREE

DOWNLOAD E-BOOK



The
WIDOW MAKER
Program



Extreme Self-Defense
for Deadly Force
Situations

Sammy Franco



The Widow Maker: Heart Attack at Age 48

In 2018, I had a heart attack. I was 48 years old.

I never thought it would happen to me. I was healthy and active. I ate right and exercised regularly. I had no family history of heart disease.

But on that day, I went into cardiac arrest. I was rushed to the hospital, where I underwent emergency surgery. I was in a coma for two weeks.

When I woke up, I was told that I had suffered a widow maker heart attack. This is the most deadly type of heart attack, and it is often fatal.

I was lucky to be alive.

The Widow Maker is the story of my heart attack and my recovery.

In this book, I share my personal experience with heart disease and its aftermath.

I also provide information about the symptoms of heart disease, the importance of prevention, and the latest treatments for heart disease.

My hope is that this book will help others to understand heart disease and to take steps to prevent it.

If you are interested in learning more about heart disease, I encourage you to read The Widow Maker.

You can Free Download a copy of the book online or at your local bookstore.

About the Author

I am a heart attack survivor and the author of The Widow Maker.

I am passionate about raising awareness about heart disease and its prevention.

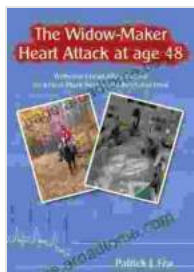
I am a member of the American Heart Association and the National Coalition for Heart Health.

I am also a volunteer speaker for the American Heart Association.

I am available to speak to groups about heart disease and its prevention.

For more information, please visit my website:

www.thewidowmakerbook.com



The Widow-Maker Heart Attack at Age 48: Written by a Heart Attack Survivor for a Heart Attack Survivor and Their Loved Ones by Patrick J. Fox

★★★★☆ 4.5 out of 5

Language : English
File size : 2095 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 133 pages
Screen Reader : Supported

FREE

DOWNLOAD E-BOOK



Nourishing Delights: Easy Recipes Without Salt, Oil, or Refined Sugar

Are you looking for delicious and healthy recipes that are free of salt, oil, and refined sugar? If so, you're in luck! This book is packed with over 100...



The Art of Kitchen Fitting: A Masterful Guide to Culinary Transformation

The kitchen, the heart of every home, deserves to be a sanctuary of culinary inspiration and effortless efficiency. "The Art of Kitchen Fitting" by Joe Luker,...