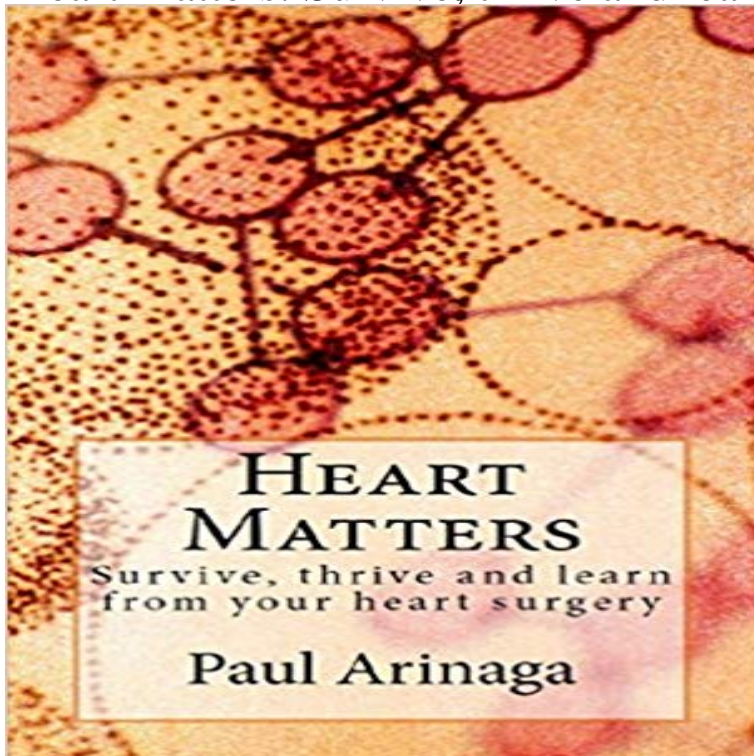


Heart Matters: Survive, thrive and learn from your heart surgery



Heart Matters is a medical memoir. It provides an intimate look at what its really like to get a heart operation describing both some of the medical science and your likely feelings and suggests how you can use the experience for personal growth. In this memoir of his heart operation and its aftermath, Paul Arinaga describes the different aspects of the experience. The book presents some of the medical science related to a heart operation as well as the facts of your recovery. It goes beyond dry, factual descriptions, however, to also describe the emotions behind an operation. Every persons experience will be different, but this book nonetheless gives you a first hand glimpse of what its really like to get a heart or any operation. After reading Heart Matters, youll have answers to the questions: - How does it feel to get an operation? - What does it really feel like to be put under with anesthesia? - Whats it like to wake up from anesthesia? - How much pain might and discomfort might I experience? - What can I do to ensure a smooth and speedy recovery? How long will it take? - Whats going to happen while Im in the hospital? - How can I use this experience to transform my thinking and my life? More than just a description of his experience, in Heart Matters Paul also shares what he learned from the experience and how it changed his way of thinking and could change yours, too.

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Few physicians in Russia are trained to perform open heart surgery on no matter where they are born will have access to cardiac care. **Heart Matters: Survive, Thrive And Learn From Your Heart Surgery** are: The SmartPresenter: double your impact and halve your presentation time and Heart Matters: how to survive, thrive and learn from your heart operation **Download Heart Matters: Survive thrive and learn from your heart** Editorial Reviews. About the Author. Paul Arinaga is an experienced marketer and product Preparation Time and Have Fun Delivering Your Presentation and author of Heart Matters: Survive, Thrive and Learn from Your Heart Surgery. **Heart Matters - Programs - ReachMD** Paul Arinaga is a writer and communication consultant. He is co-author of The SmartPresenter: double your impact and halve your preparation time. 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