



# **The Female Heart: The Truth about Women and Heart Disease**

*Marianne J. Legato, Carol Colman*

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**The Female Heart: The Truth about Women and Heart Disease** Marianne J. Legato, Carol Colman

A woman doctor tells women everything they need to know to prevent, recognize and recover from heart disease, including a profile of the high-risk woman; why women are different; the truth about stress; a woman's healthy diet; good news about exercise; and much more.

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