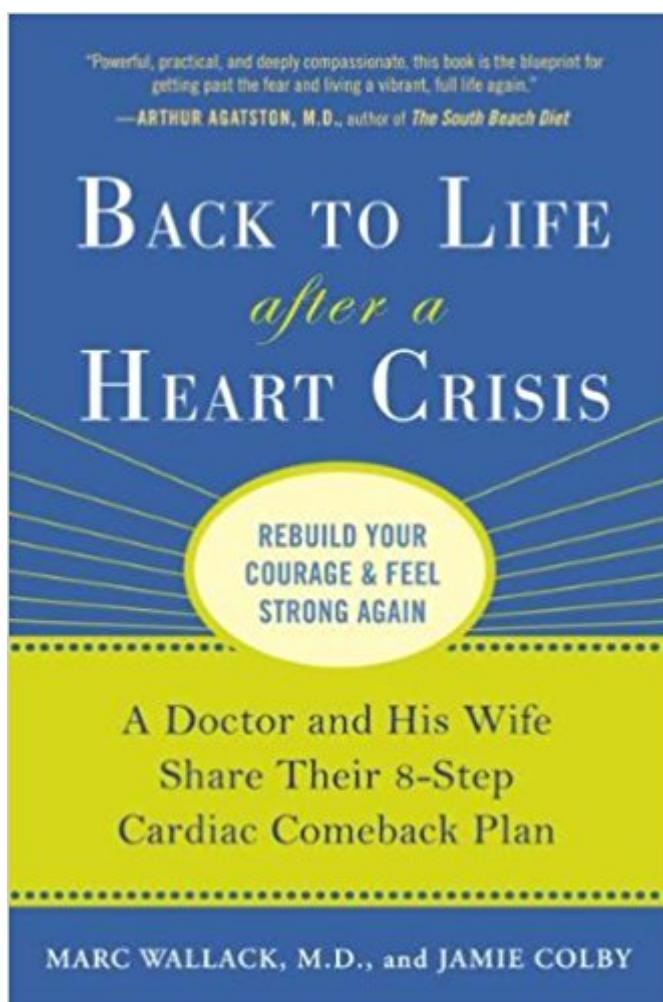


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# Back To Life After A Heart Crisis: A Doctor And His Wife Share Their 8 Step Cardiac Comeback Plan



## **Synopsis**

A Wall Street Journal Top Pick of 2010 A top surgeon teams up with his wife, a veteran network news anchor, to offer a comprehensive plan for overcoming a heart trauma. A well-known and internationally recognized surgical oncologist, Dr. Marc Wallack kept fit by training as a marathoner. He was the rock of his family, at the top of his career, and an expert on health who practiced what he preached-until he suffered angina symptoms while on a run. Two days later, after discovering his arteries were 95 percent blocked, he underwent quadruple bypass surgery and found himself unprepared for the emotional fallout of his recovery. In *Back to Life After a Heart Crisis*, Dr. Wallack and his wife, journalist Jamie Colby, offer their moving personal story along with a one-of-a-kind, prescriptive guide to reclaiming your life after confronting the issues of mortality and vulnerability raised by a traumatic heart event-whether it be a heart attack or a surgical procedure. Brimming with inspiration and encouragement, this unique book shows readers how to regain emotional strength in tandem with healing physically by working through eight important milestones-from sleeping through the night to surviving doctor's appointments to taking on a huge physical challenge. With sidebars and tips for caregivers, *Back to Life After a Heart Crisis* helps patients and their loved ones heal hearts and minds and feel vibrant and full of life again.

## **Book Information**

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## **Customer Reviews**

"*Back to Life After a Heart Crisis* provides clear, jargon-free explanations of heart disease, and honest evaluation of the emotional and physical fallout from a heart crisis, and a comprehensive

plan for common-sense recovery. [It] is like having a purse-sized personal physician-you know, the fantasy doctor seen on TV, the trusted, wise, supportive family friend." -Blogcritics.com "Back to Life after a Heart Crisis is chock-full of useful information, including explanations of medical terms, tests and procedures from the proverbial "horse's mouth"...Readers are unlikely to find another book quite like this one. It's unique and important for those who need it, and a clarion call to those who need to turn their health around, but are avoiding the tough decisions required to do so." -The Huffington Post "Powerful, practical, and deeply compassionate, this book is the blueprint for getting past the fear and living a vibrant, full life again." -Arthur Agatston, M.D., author of The South Beach Diet "A fascinating and inspiring story...What makes this book a 'must' for doctors and patients alike is the practical advice it contains on how to maintain emotional strength under duress and what steps to take to keep your heart healthy." -Isadore Rosenfeld, M.D., Rossi Distinguished Professor of Clinical Medicine, Weill Cornell Medical College

Marc Wallack, M.D., is chief of surgery at Metropolitan Hospital and vice-chair of the Department of Surgery at New York Medical College. He developed and clinically tested with FDA approval a melanoma vaccine, and he has held numerous other prestigious academic appointments throughout his career. Jamie Colby, Dr. Wallack's wife, is a longtime network news anchor and now hosts the Fox News Channel programs America's News HQ and Sunday Housecall with Dr. Isadore Rosenfeld. --This text refers to an out of print or unavailable edition of this title.

After my husband had quadruple bypass surgery we were lost! Would things ever be the same? How? This book answered all of our questions as well as giving us a plan to get our lives back. I recommend it highly! I have purchased it for friends and relatives as well.

I have read the first few chapters of this excellent book and highly recommend it to anyone dealing with a serious illness or caring for a loved one through a health crises and the recovery process. Dr. Wallack provides unique insight as a skilled physician who found himself as a patient. Jamie Colby provides the reader with valuable insight on how to be the best advocate for your loved one and how to handle the stress of the pre operation and recovery process. This book tugged at my heartstrings remembering the emotions of caring for a terminally ill loved one. I wish I had this book for support at that time. As a person with heart issues I am particularly interested in Dr. Wallack's ideas on the process of choosing the best doctor, procedure and hospital. This book will help you be a better advocate for the best care and provides you with valuable information for a better recovery

and healthier lifestyle. Buy this book, we all will deal with serious medical issues in our lives and this book will help you and your loved ones make each day better.Ralph Hugh Barger

It is difficult to understand the mental challenges your loved one faces. This book helped me understand the nature of the support I ended to provide. This changed our daily tense relationship during the post operation phase to something much more supportive and enjoyable.

It's a great book survivors of a heart crisis and their caregivers. After my heart attack and open-heart surgery I am also looking for used copies to share with other survivors.Fast delivery.

This is a very important book to all caregivers. The book is for the patient but mainly for the caregiver. We all have experienced some loved one who has a major illness and this book goes through the whole process. Helps you get through the bad days when you think you can't go on much longer. It even has recipes that nourish the heart and soul. Whatever the disease the patient is going through this book makes life a little easier. It is an easy read and a must for the caregiver. Instead of feeling alone, pick up this book and refer to it when you need to.

This book should be mandatory for anyone who is in recovery following a heart attack or heart surgery. The information can be related to by anyone who has been or is in this situation now. It is easy reading and answers questions, addresses anxieties and fears, and gives simple straightforward answers.I would highly recommend this to heart attack survivors and their families and significant others.

I have not had a heart crisis, but many people in my family have. I am a diabetic and the threat of a heart crisis is always around the corner. Colby/Wallack's book gave advice that applies to anyone dealing with a health issue. I too thought I was in great shape, and diabetes hit me from no where. I like Marc, walk through the street and see many out of shape people and say why me? Reading this book helped me pick myself up, accept the cards that were dealt and make the most of it. I was inspired by their practical, easy to follow advice. A must read for anyone dealing with a health crisis.

Really thorough.

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