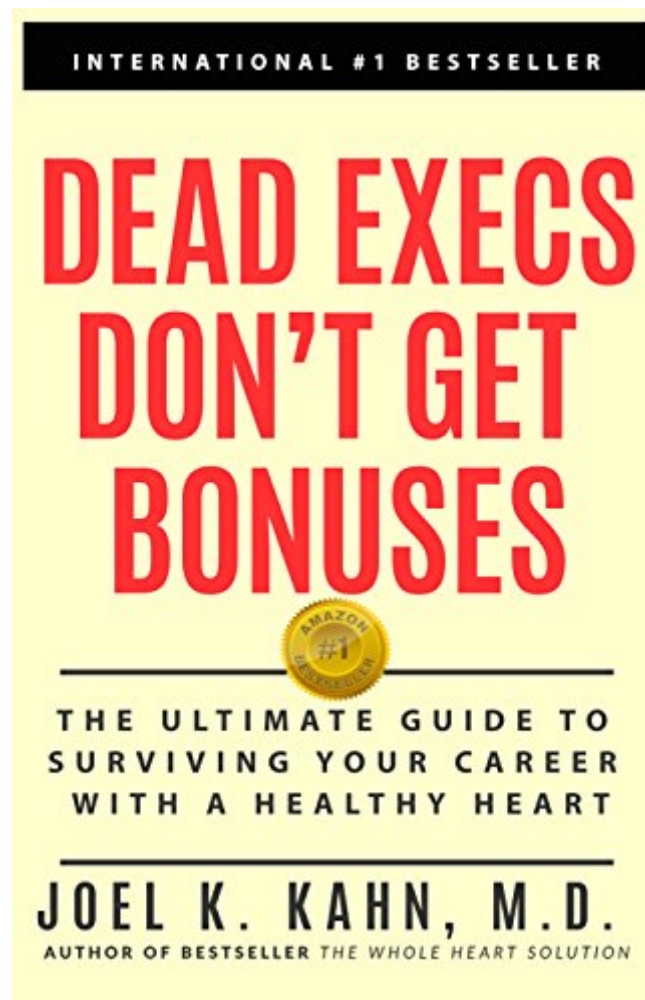




The book was found

Dead Execs Don't Get Bonuses: The Ultimate Guide To Survive Your Career With A Healthy Heart



Synopsis

For way too many years heart disease has been the #1 killer of Americans today. This must stop and stop right now. The good news is heart disease can be detected years before it becomes a problem, it is reversible once present, but even more important it is PREVENTABLE with simple science based measures that you MUST know about! Too many successful career minded individuals die without any warning! Many had visits to their doctor and were assured they were healthy. Dead Execs explains how this happens and why it should never happen again. Heart attack prevention specialist Joel Kahn, M.D. is passionate about saving lives. He is determined to prevent 1,000,000 heart attacks, including yours. He is helping people understand the facts about heart disease, how to get the heart check up you deserve to protect your career, and how to prevent our arteries from getting clogged. You do not have the time for a heart attack but you MUST have the time to read his book.

Book Information

File Size: 1903 KB

Print Length: 174 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 3, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00U9U22CU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #291,294 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16

in Books > Business & Money > Business Culture > Health & Stress #22 in Kindle Store >

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Customer Reviews

Excellent read. Dr. Kahn finds a good balance between strong science and approachability for the

reader. I thoroughly enjoyed it. I thought it was concise and informative, exactly the appropriate length to make the argument for the next generation of care. I will strongly recommend this book to my friends, colleagues and patients - perfect for any one who wants to find optimal cardiac wellness!

Joseph Lamb, MD
Hypertension Institute of Nashville

This book is a breath of fresh air especially coming from a cardiologist. Too many people in healthcare today ignore natural, diet, exercise techniques as unproven or "alternative". This couldn't be farther from the truth! In fact, Dr. Kahn goes over research that supports his diet and lifestyle advice for heart disease prevention. One of the things I found most helpful reading this was the section on advanced cardiac markers (blood testing) that is not usually included in routine physicals. I know myself that more and more research is supporting the fact that routine physicals and bloodwork are just not enough to detect heart disease. Special tests like apo lipoprotein and hs-Crp can be really helpful and he explains why and how to get these tests. I also thought the section describing the benefits of sauna treatments was fascinating. That was one of a few new, unique recommendations he has. Lastly, Unlike many medical books- this one is an easy read with quick actionable advice. The world should support people like Dr. Kahn who supports the shift towards wellness rather than "illness" medicine.--Dr. Amy Shah

This is a very informative book in regards to the health of your heart. Great suggestions on keeping it healthy and any testing you may need if you are having symptoms of a problem. I was able to have a CT scan of my heart instead of going through a cardiac catheterization to rule out any blockages, which eliminated a great amount of risks. If you want to take care of your heart and avoid a devastating or lethal heart attack, this is the book to read. It is an easy read and can be completed in a day.

Dr Joel Kahn is a leading expert in the field of heart health and plant-based nutrition. If more people heeded his message, we'd live longer, happier and healthier lives. Thanks to the sort of advice that Dr Kahn promotes, my cholesterol, triglycerides and blood pressure (key bio-markers for heart disease) are all way, way down from life-threateningly high levels. If you are overweight, over-stressed, and have heart health risk factors like the ones I have suffered, you WILL benefit from Dr Kahn's information and advice.

Dead Execs is a great book. I love my Kindle version. The 'copy' option is new. I was able to go

through the entire book and copy the important ideas for busy my wife to read. Thanks for that feature. Also, the 99 cents was welcome. I stopped buying Kindle versions when the prices skyrocketed.

Dr. Kahn is doing wonderful work spreading the message of preventing cardiovascular disease. We have been searching for the magic pill or procedure for our number one killer in this country but the real cure is to address the root causes through lifestyle with healthy eating habits, exercising, sleep, avoiding smoking and managing stress. He even talks about the benefits of saunas for heart health, so he covers it all! This book reaches us through the studies that supports the importance of lifestyle but more importantly through the touching stories of patients and their families. Heart disease is often preventable and I am on board with him to help prevent 1,000,000 heart attacks as he proposes. His advice is practical and we need to awaken to the active role that each of us plays in our own healthcare. Dr. Michael Rocha, cardiologist, Director New Bedford Wellness Initiative

I was expecting a lot more information or at least something that I didn't already know. The book was written too simplistically and honestly could have been summed up in a magazine article.

Great info...easy to read for the general public. I'm recommending this to practitioners and patients! Excellent! Lynn Cofer-Chase, MSN, RN, FAHA, FNLA, FPCNA Clinical Lipid Specialist

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