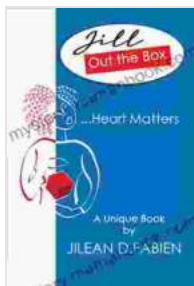


Jill Out The Box: Heart Matters



JILL OUT THE BOX: Heart Matters by Jilean D. Fabien

★★★★★ 5 out of 5

Language	: English
File size	: 3618 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 302 pages
Lending	: Enabled
Screen Reader	: Supported



Heart disease is the leading cause of death for women in the United States. But it doesn't have to be. By making healthy lifestyle choices, you can reduce your risk of heart disease and live a longer, healthier life.

Jill Out The Box: Heart Matters is a comprehensive guide to heart health for women. Written by a registered nurse and certified health coach, this book provides evidence-based information on everything from heart disease risk factors to lifestyle changes that can improve heart health.

In this book, you'll learn about:

- The risk factors for heart disease
- The symptoms of heart disease
- The tests that can diagnose heart disease

- The treatments for heart disease
- The lifestyle changes that can improve heart health

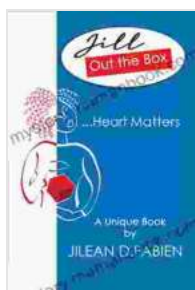
Jill Out The Box: Heart Matters is an essential resource for any woman who wants to improve her heart health. This book is full of practical advice that can help you make healthy lifestyle changes and reduce your risk of heart disease.

About the Author

Jill Out The Box is a registered nurse and certified health coach. She has over 20 years of experience in the healthcare field, and she is passionate about helping women improve their health. Jill is the author of several books on health and wellness, including Jill Out The Box: Heart Matters.

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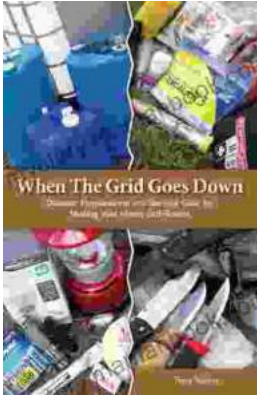
Jill Out The Box: Heart Matters is available for purchase on Amazon.com. Order your copy today and start living a healthier, longer life!



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