



Positive Mind, Healthy Heart!: Take Charge of Your Cardiac Health, One Day at a Time

Joseph C. Piscatella

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Here's the problem: 17 million Americans suffer from heart disease, and every year 1 million of them will be just lucky enough to survive a heart attack. They know they *must* change their lives—their diet, their stress, the amount of exercise they do. And not for a few months, but forever. Most don't do it. What they need, as much as low-fat recipes and fitness plans, is daily motivation—a reassuring yet no-nonsense guide to staying the course to heart health.

Here's the solution: From Joseph C. Piscatella, one of the longest-surviving bypass patients in the U.S.—31 years and counting—comes a supportive, generous, think-positive book that shares the secret of his extraordinary success. This is the stuff that kept Joe going—a year-long selection of motivational stories, inspirations, quotes, wisdom, meditations, tips, and more. When it's 5:00 A.M. and raining outside and you're tempted to skip that morning jog, remember "runner" Bob Ireland, a Vietnam vet who lost both legs in the war yet finished the New York marathon using only his arms, the first person ever to do so. Think little things don't make a difference? Take a lesson from golf: An average of less than 1.5 strokes per round in the 2002 season made a \$5.6 million difference in earnings between #1 golfer (Tiger Woods) and #10 golfer (Sergio Garcia).

And why a book of everyday entries? *"People often say that motivation doesn't last. Well, neither does bathing—that's why we recommend it daily."*—Zig Ziglar.

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