



CROW PUBLISHING

Here's what readers are saying about Heart Attack Survivor – a field guide

ISBN 0-97127-880-6

A Handbook for Mental and Physical Health

Dr. Stephan Ogenstad from North Andover, MA USA

Having been working in medical and pharmaceutical research for over 20 years, I have never before come across a handbook for mental and physical health like Heart Attack Survivor: A Field Guide by Brad Henson. This book gives not only a warm and wise discernment of what is important in daily life, but is also a highly practical guide to how to avoid a too early ending of anyone's life. In the stressful world we are living in, this is a book that should be in everyone's possession. Highly recommended!

Like "Chicken Soup for the Soul" - Only Tastier!

Ira Lovitch from Los Angeles, CA, May 2, 2002

If you like self-help books, you'll love this one. Although the title targets heart attack survivors, this book is worth reading by anybody who thinks they could enhance the quality of their life, or would like to live a longer, more satisfying life. The personal stories submitted to the author are unique and inspirational, and author Henson's own comments are entertaining yet instructive. If you want to live a better life-read this book. And if you have a spouse, be sure your spouse does too!

A great guide good for everyone

D. Vierra from Northern California, USA, March 27, 2002

This is really the only current book that I can find on this topic. I came across it in a small, independent bookstore just the other day. The owner said she just got them in. The concept of this book really hit home as being easy to read and very, very informative. I especially like the comments and quotes from people in each chapter. Chapters flow into each other and make a logical progression. I loved the Chapter on being assertive and saying, "No!". A good read. I highly recommend it.

Brad tells his story with passion and personality

Nancy Paul, M.A., Marriage & Family Therapist, Ventura, CA, February, 2002

This book is filled with practical ideas, humor and inspiration. It will be a useful tool for anyone who needs to de-stress."

I only wish there had been a book like this when my dad had his heart attack.

Candy Finn, Ventura, CA

Thanks Brad, for taking the time to help all of us, Not just the Heart Attack Survivors. I have read this book cover to cover and found it to be very uplifting to both mind and spirit. I came away a better person"

Sound financial advice that I would give any of my clients."

Scott R. Alexander, MBA, Registered Financial Advisor Chartered Financial Consultant, and Chartered Life Underwriter

"As a financial advisor for many years, I can see the benefits of keeping your debt under control and having it not control you, which Brad brings forth in his book Heart Attack Survivor – a field guide.

It went straight to my heart and soul

Sandi Driver Thousand Oaks, CA Cancer and Heart Survivor

Thank you for your book. It went straight to my heart and soul. I cried, I smiled. Your book should be read by everyone healthy or sick. I couldn't put it down. It should be in every doctor office"

A Guide for Living

Vi Elvaker, Camarillo, CA

To order:

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Dr. Richard Carlson, author of Don't Sweat the Small Stuff" says about

"Heart Attack Survivor - a field guide"

" Practical, helpful, and full of great life-affirming advice.

Anyone with a heart, healthy or not, will enjoy this book!"