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Back to Life After a Heart Crisis: A Doctor and His Wife Share Their 8 Step Cardiac Comeback Plan

Marc Wallack M.D., Jamie Colby

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A Wall Street Journal Top Pick of 2010

A well-known and internationally recognized surgical oncologist, Dr. Marc Wallack kept fit by training as an avid 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 in Central Park. Two days later, after discovering his arteries were 95 percent blocked, he underwent quadruple bypass surgery and later 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 for 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:

*Conquer the night

*Get outside

*Survive doctors' appointments

*Face physical and emotional pain

*Make love to your partner again

*Face your dinner plate

*Confront career issues

*Take on a huge physical challenge

With sidebars and tops 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.

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