

TURNING HEART FAILURE INTO HEART SUCCESS

LIVING WITH HEART FAILURE IS A JOURNEY.
HERE'S WHAT YOU MIGHT EXPECT.

WHAT DOES HEART FAILURE MEAN?

YOUR HEART STILL WORKS.
But it is weaker or stiffer than before.
So your **HEART HAS TROUBLE PUMPING**
enough blood to the rest of your body.

LEARNING TO LIVE WITH HEART FAILURE

PHYSICAL HEALTH

- Weigh yourself each morning
- Take medications as directed
- Ditch the salt (sodium); eat heart healthy
- Take breaks and know your limits

EMOTIONAL HEALTH

- Find support from others who have heart failure
- Stay connected with what matters most to you
- Keep in close contact with your care team

IT'S OK TO FEEL:

- Scared or uncertain
- As though your world has turned upside-down
- Overwhelmed with questions

YOUR NEW NORMAL

FOR SOME PEOPLE, NORMAL MEANS:

- Speaking up about how you feel—you know your body best
- Celebrating what you **CAN** do (versus what you can't)
- Sticking with your treatment plan

WHAT DOES **YOUR JOURNEY** LOOK LIKE?

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to [CardioSmart.org/HeartFailure](https://www.CardioSmart.org/HeartFailure) to find out how to turn heart failure into heart success.

CardioSmart is supported in part by Novartis.



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The Heart Of Success

Rory Noland



The Heart Of Success:

This book delves into The Heart Of Success. The Heart Of Success is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into The Heart Of Success, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to The Heart Of Success
- Chapter 2: Essential Elements of The Heart Of Success
- Chapter 3: The Heart Of Success in Everyday Life
- Chapter 4: The Heart Of Success in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of The Heart Of Success. The first chapter will explore what The Heart Of Success is, why The Heart Of Success is vital, and how to effectively learn about The Heart Of Success.
3. In chapter 2, the author will delve into the foundational concepts of The Heart Of Success. The second chapter will elucidate the essential principles that must be understood to grasp The Heart Of Success in its entirety.
4. In chapter 3, this book will examine the practical applications of The Heart Of Success in daily life. The third chapter will showcase real-world examples of how The Heart Of Success can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of The Heart Of Success in specific contexts. This chapter will explore how The Heart Of Success is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about The Heart Of Success. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of The Heart Of Success.

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