



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 top surgeon teams up with his wife, a veteran network news anchor, to offer a comprehensive plan for overcoming a heart trauma.

A well-known and internationally recognized surgical oncologist, Dr. Marc Wallack kept fit by training as a 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. Two days later, after discovering his arteries were 95 percent blocked, he underwent quadruple bypass surgery and 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 to 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-from sleeping through the night to surviving doctor's appointments to taking on a huge physical challenge.

With sidebars and tips 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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