



Matters of the Heart

Timi Ogunjobi

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This book could save your life ! Heart disease is the leading cause of death in the world . People of all ages and backgrounds can get the condition. Matters of The Heart is an educational story set in The Union Club, a social club where two doctors have been invited to educate members on how to minimise their chances of contracting a cardiovascular disease , and how to improve their chances of surviving one. To the gathered members made up mostly of businesspersons, company executives as well as assorted professionals and tradesmen , Dr Vaughan discusses the relationship between hypertension , heart attack and stroke ; and shows how lives could be saved by paying attention to certain symptoms. Dr. Smith shows the disastrous consequences of stress on general well-being and advises on how to attain a less stressful lifestyle. Matters of The Heart is for everyone, young and old. The purpose of this book is to enable you live a more wholesome and healthier life.

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