

Paperback American Heart Association Books

Draws on American Heart Association guidelines to counsel women on how to minimize their chances for developing heart disease by controlling risk factors, eating nutritiously and exercising, in a guide that also provides coverage of age-specific concerns.

New 7th Edition! Powerful resource for interactive, simulation-based teaching and learning! The Neonatal Resuscitation Program (NRP) is an educational program jointly sponsored by the American Academy of Pediatrics (AAP) and the American Heart Association (AHA). The course is designed to teach an evidence-based approach to resuscitation of the newborn to hospital staff who care for newborns at the time of delivery.

New in the 7th edition! Text updated to reflect the 2015 AAP/AHA Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care of the Neonate Two new chapters added covering post-resuscitation care and preparing for resuscitation 140+ new full-color photographs replacing most line drawings

A third edition of the popular healthy recipe primer features fifty new dishes, including Smoked Salmon Dip with Cucumber and Herbs and Key Lime Tart with Tropical Fruit, in a guide that shares the most recent scientific guidelines for promoting heart health through diet. Reprint. 30,000 first printing.

1 copy of the Basic Life Support (BLS) For Healthcare Providers Instructor Manual (90-1036), 1 Basic Life Support (BLS) For Healthcare Providers Course And Renewal Course DVD (90-1035), 1 copy of the Basic Life Support (BLS) For Healthcare Providers Student Manual (90-1038), and 1 American Heart Association Stopwatch (90-1509).

**Advanced Cardiovascular Life Support Instructor Manual
BLS for Healthcare Providers**

Pediatric Advanced Life Support Provider Manual (International English)

More Than 200 Delicious Recipes for Healthy Eating

2020 Handbook of Emergency Cardiovascular Care for Healthcare Providers (International English)

A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook)

20-1132

Convenience and eating healthfully can go hand in hand, and with the American Heart Association Quick & Easy Cookbook, 2nd Edition, you can spend less time in the kitchen and still achieve great results at the table. This revised and expanded edition of the classic cookbook includes more than 200 speedy dishes, of which 60 are brand new. Prep and cooking times are provided for all recipes, so you'll know how much time you'll need in the kitchen. And rest assured, no dish takes longer than 20 minutes to prepare, and many recipes can be made in 30 minutes from start to finish. In fewer than 10 minutes, you can start your day with Confetti Scrambler or Mandarin Breakfast Parfaits. No one will guess you whipped up dinner in 20 minutes when you serve Chicken with Tarragon Oil, Baked Tilapia with Pineapple Reduction, or Beef Tenderloin on Herbed White Beans. When meals are this simple and good for you, even appetizers, snacks, sides, and desserts can be on the docket. You'll find recipes for Homemade Corn Tortilla Chips, Edamame Salsa, Warm Chicken and Papaya Salad,

Citrus Kale with Dried Cranberries, Chocolate-Banana Mini Cupcakes, Grilled Peaches with Almond Liqueur, and much more! Make the most of your time in the kitchen and in the grocery store with helpful tools such as:

- Meal-planning strategies, including a sample dinner plan and a chart template to customize your own meals week-by-week
- Guidelines for maximizing nutritious foods and minimizing nutrient-poor foods
- Shopping strategies, including lists of health-smart staples
- Tips on organizing your kitchen for the greatest efficiency
- Quick-cooking techniques and short prep tricks

With this new edition of one of the American Heart Association's first and most popular cookbooks, you'll have a resource right at your fingertips for making your own quick and easy meals that will offer you fast, healthy food.

This new, greatly expanded 5th edition--shipping June '91--features more than 500 healthy and tasty recipes, each accompanied by comprehensive nutritional breakdowns. A backlist standard; a top 3 cookbook bestseller for us annually.

The nation's most trusted authority on heart-healthy living presents the fourth edition of this classic cookbook, with the most up-to-date information on heart health and nutrition along with 50 exciting new recipes.

And 9 Other Easy Techniques for Making Healthy Meals: A Cookbook

2020 Heartsave First Aid CPR AED Student Workbook

The American Heart Association Low-Salt Cookbook

Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol

Heartsaver First Aid Student Workbook

Hundreds of Simple Ways to Put More Physical Activity into Your Life

Product 15-3105

The required student text for the classroom-based Advanced Cardiovascular Life Support for Experienced Providers (ACLS EP) course, and an important reference for Instructors. Full-color softcover, 480 pages, 8 1/2" x 11," plus the ACLS EP Systematic Approach Pocket Reference Card and the 2-card Advanced Cardiovascular Life Support (ACLS) Pocket Reference Card Set (90- 1012). Based on 2010 American Heart Association Guidelines for CPR and ECC.

The nation's leading advocate for heart-friendly eating and cardiac health shares more than two hundred quick and easy recipes designed keep readers healthy and fit, in a beautifully illustrated new edition to the American Heart Association cookbook library. Reprint. 20,000 first printing..

In *State of the Heart*, Dr. Haider Warraich takes readers inside the ER, inside patients' rooms, and inside the history and science of cardiac disease. *State of the Heart* traces the entire arc of the heart, from the very first time it was depicted on stone tablets, to a future in which it may very well become redundant. While heart disease has been around for a while, the type of heart disease people have, why they have it, and how it's treated is changing. Yet, the golden age of heart science is only just beginning. And with treatments of heart disease altering the very definitions of human life and death, there is no better time to look at the present and future of heart disease, the doctors and nurses who treat it, the patients and caregivers who live with it, and the stories they hold close to their chests. More people die of heart disease than any other disease in the world and when any form of heart disease progresses, it can result in the development of heart failure. Heart failure affects millions and can affect anyone at anytime, a child recovering from a viral infection, a woman who has just given birth or a cancer patient receiving chemotherapy. Yet new technology to treat heart failure is

fundamentally changing just what it means to be human. Mechanical pumps can be surgically sown into patients' hearts and when patients with these pumps get really sick, sometimes they don't need a doctor or a surgeon—they need a mechanic. In *State of the Heart*, the journey to rid the world of heart disease is shown to be reflective of the journey of medical science at large. We are learning not only that women have as much heart disease as men, but that the type of heart disease women experience is diametrically different from that in men. We are learning that heart disease and cancer may have more in common than we could have imagined. And we are learning how human evolution itself may have led to the epidemic of heart disease. In understanding how our knowledge of the heart evolved, *State of the Heart* traces the twisting and turning road that science has taken—filled with potholes and blind turns—all the way back to its very origin.

Low-fat, Low-cholesterol Cookbook

Heart-healthy, Easy-to-make Recipes that Taste Great

American Heart Association Healthy Fats, Low-cholesterol Cookbook

2015 Handbook of Emergency Cardiovascular Care for Healthcare Providers

Exploring the History, Science, and Future of Cardiac Disease

150 Recipes Everyone Will Love

Product 80-1535TR

20-1107

A powerful and thought-provoking YA debut from New York Times bestselling author Laura Moriarty. Imagine a United States in which registries and detainment camps for Muslim-Americans are a reality. Fifteen-year-old Sarah-Mary Williams of Hannibal, Missouri, lives in this world, and though she has strong opinions on almost everything, she isn't concerned with the internments because she doesn't know any Muslims. She assumes that everything she reads and sees in the news is true, and that these plans are better for everyone's safety. But when she happens upon Sadaf, a Muslim fugitive determined to reach freedom in Canada, Sarah-Mary at first believes she must turn her in. But Sadaf challenges Sarah-Mary's perceptions of right and wrong, and instead Sarah-Mary decides, with growing conviction, to do all she can to help Sadaf escape. The two set off on a desperate journey, hitchhiking through the heart of an America that is at times courageous and kind, but always full of tension and danger for anyone deemed suspicious.

20-1126

Basic Life Support Provider Manual - A Comprehensive Guide
Covering the Latest Guidelines

American Heart Association Meals in Minutes Cookbook

American Heart Association Fitting in Fitness

American Heart Association Quick & Easy Cookbook, 2nd Edition

State of the Heart

Instructor Manual

20-2811

Here is the ultimate resource for anyone looking to improve cardiac health and lose

weight, offering 800 recipes--100 all new, 150 refreshed--that cut saturated fat and cholesterol. The American Heart Association's cornerstone cookbook has sold more than three million copies and it's now fully updated and expanded to reflect the association's latest guidelines as well as current tastes, with a fresh focus on quick and easy. This invaluable, one-stop-shopping resource--including updated heart-health information, strategies and tips for meal planning, shopping, and cooking healthfully--by the most recognized and respected name in heart health is certain to become a staple in American kitchens.

20-2872

Instructor CD contents include: Precourse materials -- Course materials -- Evaluation materials -- Resources.

American Heart Association Grill It, Braise It, Broil It

American Heart Association Healthy Family Meals

ACLS for Experienced Providers

Advanced Cardiovascular Life Support Provider Manual (International English)

Pediatric Advanced Life Support Provider Manual

American Heart Association Complete Guide to Women's Heart Health

Presents low-calorie recipes for a healthy diet, with cooking and shopping tips, health information, and nutritional analyses.

If you're like most people, your life is so hectic that it's hard to imagine squeezing in time for daily exercise. The good news is that you can get fit without an expensive gym membership or rigorous workout schedule. New research proves that you can "sneak up" on fitness by grabbing a little time here and there throughout the day so you total at least thirty minutes of moderate activity on most days. The American Heart Association's Fitting in Fitness guide will show you how to work spurts of activity into the way you live right now. Those few minutes can add up to huge rewards, including a stronger heart and bones, higher energy levels, better weight control, and more. You'll find hundreds of tips for fitting in fitness in this easy-to-use, inspiring guide. You'll even learn how to bring your kids into the act and have a lifestyle program that works for all of you.

Product 15-1021

A revised and updated second edition of American Heart Association's beloved, bestselling Healthy Slow Cooker Cookbook, now with 30 new recipes, 30 to 40 new photographs, and full-color throughout. Now fully illustrated throughout with 30 to 40 new photographs, revised to meet current AHA guidelines, and refreshed with recipes like Chicken Pho, Pad Thai, Sweet Potato Chili, and Beef Vindaloo to satisfy today's palate, this comprehensive cookbook offers information on the health benefits of slow cooking and how a slow cooker can help you eat well. From appetizers to desserts and everything in between, the 230 recipes in American Heart Association Healthy Slow Cooker Cookbook will surprise you with their variety and depth of flavor. The slow cooker, America's favorite kitchen appliance, has become increasingly versatile and sophisticated, and here's how it can support a heart-smart diet. Under the spell of its low heat, lean meats, whole grains, legumes, vegetables, and fruits transform into succulent meals. This cookbook takes advantage of the ease for which the slow cooker is beloved and optimizes the nutrient density and flavors in these delicious, nutritious meals. The best way to ensure good food comes out of your cooker is to put only good-for-you ingredients into it, and with American Heart Association Healthy Slow Cooker

Cookbook, you'll learn how much your slow cooker can do for you while you're enjoying a healthy lifestyle.

Low-calorie Cookbook

Revised and Updated with More Than 100 All-New Recipes

Over 200 All-New Quick and Easy Low-Fat Recipes

Delicious Recipes To Help Lower Your Cholesterol

Advanced Cardiovascular Life Support

Basic Life Support

20-2804

20-1119

Product 15-2326

A collection of heart-healthy recipes is complemented by advice on shopping, dining out, and adapting favorite recipes for healthy eating.

The Heart Healthy Cookbook for Two

Textbook of Neonatal Resuscitation

Manual and Resource Text

BLS Reference Card

Heartsaver Pediatric First Aid CPR AED Student Workbook

The Go Red for Women Way to Well-being & Vitality

Basic Life Support (BLS) Provider Manual - The content in this handbook is in compliance with the 2020 guidelines for CPR and ECC (Emergency Cardiac Care), recently released by the American Heart Association - therefore, all the protocols illustrated in this book are based on up-to-date evidence. These guidelines are updated every 5 years. The BLS Provider Manual is a complete guide and reference tool that covers all the information students need to know in order to successfully complete the BLS course. For easier learning, multiple-choice questions can be found at the end of each chapter. The answers to these exercises are found at the very end of the book. Basic Life Support (BLS) refers to a set of procedures that can be learned to prolong survival in life-threatening situations until more professional help is available. Any individual can become certified in basic life support protocols. These protocols are frequently updated, based on the latest evidence available, and every individual who undergoes BLS certification may need to refresh their knowledge every two years. Medical professionals usually have a sound understanding of basic life support protocols. Even then, it is essential for them to frequently undergo certifications to update their knowledge regarding the latest evidence-based protocols. This handbook is designed for both medical professionals and non-healthcare individuals. It aims to establish a sound understanding of the mechanisms underlying basic life support. The intended audience is healthcare students and personnel who need to learn how to perform CPR and other basic cardiovascular life support skills in a wide variety of both clinical and prehospital settings. Go to the top-right of the page and click "Add to Cart"

Master 12 easy cooking techniques to make 175 heart-healthy recipes for any night, including: slow cooking, grilling, baking, microwaving, blending, stir-frying, steaming, roasting, broiling, poaching,

braising, and stewing Whether you're craving bright, summery flavors or a rich meal for a cozy night; you have just minutes to cook or a bit of extra time to add some TLC to your dish; or you want new ideas for your beloved slow cooker or a chance to try out that wok, the American Heart Association Grill It, Braise It, Broil It is the cookbook for you! A primer on each technique helps you make the most of your oven, stovetop, and favorite appliances, while the 175 recipes expand your repertoire of go-to meals with tons of delicious variety. Try: Slow Cooking: Madeira Flank Steak • Chicken Cacciatore with Pasta Microwaving: Black Bean Chili • Risotto with Edamame Blending: Minted Pea Soup with Yogurt Swirl • Peanut Butter and Banana "Ice Cream" Grilling: Mediterranean Tuna Kebabs • Honey-Balsamic Brussels Sprouts Stir-Frying: Taco Time Pork • Warm Cinnamon-Raisin Apples Braising: Shrimp and Grits with Greens • Pomegranate Pears Stewing: Meatless Cassoulet • Chicken in Tomato-Wine Sauce Steaming: Thai-Style Chicken Potstickers • Peruvian Quinoa Salad Poaching: Cheesy Open-Face Egg Sandwiches • Cod in Green Curry Broth Broiling: Sweet and Tangy Scallops • Sirloin Steak with Creamy Horseradish Sauce Roasting: Asparagus with Dijon Vinaigrette • Honeyed Strawberries with Almonds Baking: Pork Tenderloin Stuffed with Spinach and Sun-Dried Tomatoes • Easy Peach Crisp

Includes recipes that offer heart-healthy meal solutions that can keep families on a healthy course, with information on how to make healthy choices in the grocery store.

This Provider Course manual "is designed for healthcare providers who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. Through didactic instruction and active participation in simulated cases, students will enhance their skills in the diagnosis and treatment of cardiopulmonary arrest, acute arrhythmia, stroke, and acute coronary syndrome (ACS)"--Page 1.

American Heart Association Low-Fat, Low-Cholesterol Cookbook

Family and Friends CPR Student Manual (Spanish)

Provider Manual

American Heart Association Cookbook

The New American Heart Association Cookbook, 9th Edition

The No-fad Diet

Here is the ultimate resource for anyone looking to improve cardiac health and lose weight, offering 800 recipes—100 all new, 150 refreshed—that cut saturated fat and cholesterol. The American Heart Association's cornerstone cookbook has sold more than three million copies and it's now fully updated and expanded to reflect the association's latest guidelines as well as current tastes, with a fresh focus on quick and easy. This invaluable, one-stop-shopping resource—including updated heart-health information, strategies and tips for meal planning, shopping, and cooking healthfully—by the most recognized and respected

name in heart health is certain to become a staple in American kitchens.

People with diabetes want heart-healthy recipes, since heart disease strikes people with diabetes twice as often as the rest of the population. But they also want recipes that taste great. In *Diabetes & Heart Healthy Meals for Two*, the two largest health associations in America team up to provide recipes that are simple, flavorful, and perfect for people with diabetes who are worried about improving or maintaining their cardiovascular health. A follow-up to *Diabetes & Heart Healthy Cookbook*, this collaboration from the American Diabetes Association® and the American Heart Association focuses on meals with only two servings. Because so many adults with diabetes are older, two-serving meals are perfect for those without children in the house—or even those living alone who want to keep leftovers to a minimum.

A balanced, sensible approach to a heart-healthy lifestyle introduces a simple method for calculating a person's ideal caloric intake, along with two weeks of menus, nutritional analyses, and two hundred new recipes, ranging from Sole Champignon to Vanilla Soufflé with Brandy-Plum Sauce.

50,000 first printing.

Your lifestyle is your best defense against heart disease. With *The Heart Healthy Cookbook for Two* you'll both enjoy wholesome, nourishing meals specifically designed for optimal heart health. Following a heart healthy diet is just one of the aspects involved in caring for your heart. Yet, for many, it is the most stressful. But sticking to a healthy eating plan shouldn't mean agonizing over complicated recipes, enduring never-ending leftovers, or wasting ingredients and time. When cooking with heart health in mind, portion sizes are just as important as ingredients. Cardiac dietician and renowned nutrition expert Jennifer Koslo has mastered this dilemma to offer a comprehensive yet easy-to-follow heart healthy cookbook. Recipes intended for four to six can have unwanted consequences for both your wallet and your waistline, but *The Heart Healthy Cookbook for Two* leaves all of that behind and delivers perfectly portioned meals every single time. Whether you have a current heart condition or are working towards prevention, *The Heart Healthy Cookbook for Two* provides the help you need to get the results you want

by offering: Perfect-for-two portions that help you say "goodbye" to the guesswork of halving recipes and confidently prepare quick, appropriately-portioned meals Clear explanations of what "heart healthy" really means so you learn what to eat and what to avoid 125 delicious, nutrient-rich recipes plus smart tips to make the best use of fresh ingredients A suggested four-week meal plan to get started right away Recipes designed for four to six can have unwanted consequences for both your wallet and your waistline. The Heart Healthy Cookbook for Two leaves all of that behind and delivers perfect portions every single time.

American Heart

More Than 200 Healthy Recipes You Can Make in Minutes

American Heart Association Healthy Slow Cooker Cookbook, Second Edition

A Personal Plan for Healthy Weight Loss

125 Perfectly Portioned Low Sodium, Low Fat Recipes

Pediatric Emergency Assessment, Recognition, and Stabilization

Dedicated to healthy eating, the American Heart Association has always provided readers with delicious ways to reduce their sodium intake—without sacrificing taste. Now it offers a completely revised and updated edition of the must-have cookbook for anyone trying to decrease the salt in his or her diet.

Encompassing everything from appetizers and soups to entrees and desserts, this is a wonderful collection of more two hundred may start with Hot and Smoky Chipolte-Garlic Dip, move on to Grilled Pork Medallions with Apple Cider Sauce or maybe the Cajun Snapper, and finish with a decadent-tasting Denver Chocolate Pudding Cake. Each of the mouth-watering dishes, including fifty brand-new ones, includes a nutrient analysis. The book also provides the latest dietary information and tips on substituting ingredients, avoiding hidden sodium, and dining out while sticking to your low-sodium plan. It shows you how to accomplish your goals—and proves how stylish and flavorful eating heart-healthy can be!

American Heart Association Eat Less Salt

Diabetes and Heart Healthy Meals for Two

Basic Life Support Provider Manual (International English)