



## Adam's Heart: An Inspiring Story about One Man's Fight Against Heart Disease

By Adam Robinson

iUniverse, United States, 2005. Paperback. Book Condition: New. 222 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the inspirational autobiography Adam's Heart, author Adam Robinson shares his life-changing ordeal with heart disease. At the age of twenty-four, author Adam Robinson went in for a routine physical and was told that he had a heart condition. After deciding that it was better to put off the surgery to allow for advances in technology, Adam didn't think much about his condition until he suffered from a heart attack at age twenty-nine. Days later he had open-heart surgery to replace his aortic valve. Adam recovered quickly and his heart was repaired-but not his mind. For many years Adam was on disability income, depressed and obese, and was in a tremendous amount of pain. But he finally made the conscious decision to get physically fit. He is now learning how to control the old habits that were harming his body, such as eating lots of fast food, drinking too much soda, and too many trips to the popular all-you-can-eat buffet lines. Even though he sometimes struggles to maintain his fitness regimen, Adam is strong in mind,...



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