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Miriam E. Nelson, Ph.D., is an associate professor at the Friedman School of Nutrition Science and Policy at Tufts University. She is the author of six previous books

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Strong Women, Strong Hearts gives women the opportunity to take time for themselves to learn more about heart disease and its prevention in an environment that is

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Happy Valentine s Day! I chose this book for today as a Valentine s gift to me and all the women who read my blog. Let s love our hearts!

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