



# **An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack**

*Deborah Daw Heffernan*

[Download now](#)

[Click here](#) if your download doesn't start automatically

# An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack

Deborah Daw Heffernan

**An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack** Deborah Daw Heffernan

**In the words of Mehmet Oz, MD: “*An Arrow Through the Heart* is an epiphany for women who mistakenly believe that they are immune from the ravages of heart disease. Using her heart as a magnifying glass, Deborah Daw Heffernan provides readers with a window into their souls.”**

This groundbreaking memoir was first mentioned on Oprah Winfrey’s life-saving 2002 show announcing cardiovascular disease as a leading cause of death among *young* women. That tragic fact is still true. With both depth and humor, Deborah Daw Heffernan recounts her first year of recovery from the massive heart attack that ambushed her in a gentle yoga class—during the prime of her life and despite her impeccable health history.

Ranging from high-stakes action in the OR at Massachusetts General Hospital in Boston to quietly unfolding seasons on a lake in Maine, *An Arrow Through the Heart* is a moving and informative story of what it takes to find one’s own path to true healing. Ultimately, Heffernan combines allopathic and complementary medicine to create a sensible recovery strategy for our times. She touchingly describes her husband’s devotion and the toll that her cardiovascular disease takes on him, as well as how he, too, grew from the experience. Weaving their story with the lives of family and friends, Heffernan demonstrates how illness can be transformative for all involved.

Not only an empowering companion for cardiac patients, this medical classic is a guide to recovery from catastrophic change of any kind. Above all, it is a powerful testament to the unexpected joy that can come from leading a life of acknowledged impermanence. Updates include cardiovascular data for today’s reader, links to the author’s website and other resources, a new section on SCAD (spontaneous coronary artery dissection), and— spoiler alert—a heart transplant in 2006. All author’s proceeds are donated to cardiac causes.

Deborah Daw Heffernan is a graduate of Georgetown and Harvard Universities. She has worked as a teacher in Switzerland, an associate dean at Boston University, and a freelance writer. For fourteen years she was vice president of a leading Boston-based corporate training/consulting firm—until a near-fatal heart attack changed her life forever. She lives with her husband, Jack, on a small lake in Maine.

 [Download An Arrow Through the Heart: One Woman's Story of L ...pdf](#)

 [Read Online An Arrow Through the Heart: One Woman's Story of ...pdf](#)

## **Download and Read Free Online An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack Deborah Daw Heffernan**

---

### **From reader reviews:**

#### **Delores Nault:**

Here thing why this An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack are different and trustworthy to be yours. First of all reading a book is good however it depends in the content of it which is the content is as scrumptious as food or not. An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack giving you information deeper and in different ways, you can find any book out there but there is no reserve that similar with An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack. It gives you thrill reading through journey, its open up your eyes about the thing that will happened in the world which is maybe can be happened around you. You can actually bring everywhere like in recreation area, café, or even in your method home by train. For anyone who is having difficulties in bringing the published book maybe the form of An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack in e-book can be your option.

#### **Ellen Omalley:**

Now a day people who Living in the era wherever everything reachable by talk with the internet and the resources in it can be true or not need people to be aware of each information they get. How individuals to be smart in getting any information nowadays? Of course the answer is reading a book. Reading through a book can help persons out of this uncertainty Information especially this An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack book because this book offers you rich information and knowledge. Of course the data in this book hundred pct guarantees there is no doubt in it you may already know.

#### **Michael Hollinger:**

Reading a e-book tends to be new life style on this era globalization. With reading you can get a lot of information which will give you benefit in your life. Using book everyone in this world can easily share their idea. Guides can also inspire a lot of people. Plenty of author can inspire their own reader with their story as well as their experience. Not only situation that share in the ebooks. But also they write about the knowledge about something that you need example of this. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors nowadays always try to improve their skill in writing, they also doing some exploration before they write on their book. One of them is this An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack.

#### **Bonnie Pace:**

A lot of guide has printed but it is unique. You can get it by online on social media. You can choose the very best book for you, science, comic, novel, or whatever by simply searching from it. It is called of book An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack. You

can add your knowledge by it. Without causing the printed book, it might add your knowledge and make you happier to read. It is most crucial that, you must aware about book. It can bring you from one destination to other place.

**Download and Read Online An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack Deborah Daw Heffernan #3IM74F2UZD5**

## **Read An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack by Deborah Daw Heffernan for online ebook**

An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack by Deborah Daw Heffernan Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack by Deborah Daw Heffernan books to read online.

### **Online An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack by Deborah Daw Heffernan ebook PDF download**

**An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack by Deborah Daw Heffernan Doc**

**An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack by Deborah Daw Heffernan Mobipocket**

**An Arrow Through the Heart: One Woman's Story of Life, Love, and Surviving a Near-Fatal Heart Attack by Deborah Daw Heffernan EPub**