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Dummies (Lifestyles Paperback))**

By James M. Rippe MD



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James M. Rippe, MD, He founded and directs both the
Rippe Lifestyle Institute in Shrewsbury, The Healthy
Heart for Dummies, and The Healthy Heart Cookbook for
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James M. Rippe, M.D., is a graduate Dr. Rippe s book,
the Healthy Heart for Dummies serves as the flagship
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a stationary bike, followed by a dish of low-fat cottage
cheese topped with a lonely sprig of parsley may

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