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# BOOK REVIEW

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## Heartbeat Revue

### The Complete Heart Recovery Guide

Neil Gordon and Larry Gibbons.  
Oxford University Press.

Neil Gordon was involved with the cardiac rehabilitation unit in the army, back in the early eighties when rehab was getting going in South Africa. Neil stood out among the rehabilitators as a keen researcher

who had a number of articles published in the medical press.

It was a great loss when he joined the brain drain to America but there he joined Ken Cooper, author of the *Aerobics* and *The New Aerobics* of the seventies.

This book being reviewed shows his researching skills in that the book is referenced throughout with a very

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## . . . Heartbeat Revue

comprehensive index at the end. Contentious issues could easily be verified and if you have a question for your doctor the subject is very easily found.

For those of you for whom this book was written (vis heart patients) it is the answer to any questions you might have and I hope, the stimulus to take the initiative in your "second chance".

The book can be read in parts, but for those of an enquiring mind the whole book will be of interest.

The philosophy of cardiac rehabilitation is explained in detail. What happens in angina, a heart attack, during an angiogram and at bypass surgery or angioplasty are clearly explained.

If you have the grey cells for it and

the motivation, his point system could be a great incentive to you. It records healthy life style and will help you to keep on the right road. If you start, but find that you stop keeping a score that means that you are slipping and need to get a hold of yourself.

Elliot Murray

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