

Beat Your A-Fib

The Essential Guide to Finding Your Cure

by Steve S. Ryan PhD.



Non-Fiction - Health - Medical

252 Pages

Reviewed on 08/02/2013

Book Review

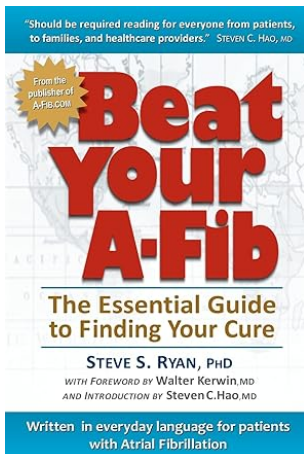


Reviewed by Lit Amri for Readers' Favorite

Beat Your A-Fib: The Essential Guide to Finding Your Cure by Dr. Steve S. Ryan, PhD, is a comprehensive guide for anyone in search of a cure for their atrial fibrillation, the most common heart rhythm disorder.

As an individual that comes from a family with a history of atrial fibrillation, Beat Your A-Fib: The Essential Guide to Finding Your Cure instantly caught my attention. We have seen people's life spiral downward, with varying degrees, because of A-Fib. I am surprised that the author, Dr. Steve S. Ryan, is a former patient of this heart rhythm problem himself. On the other hand, this revelation shows me how credible and helpful this book will be compared to other material about A-Fib. It's a readable and complete guide to the condition, thus laymen do not need to fear confusing medical jargon. It covers everything you need to know, if I may say, and even more so than the conventional medical system itself. Without degrading the importance about getting to know A-Fib, the causes, mineral deficiencies, and other topics in this book, I find the personal stories most encouraging and very helpful.

All in all, patients of A-Fib and their families would definitely benefit from this priceless guide. They will learn that they have choices in terms of treatments; most importantly, they will realize that they do have control instead just of depending on their cardiologist one hundred percent. I highly recommend this insightful book to anyone who has to deal with A-Fib in their lives.



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Author Biography



Steve Ryan, PhD, is a healthcare educator and advocate for patients with Atrial Fibrillation, the most common cardiac arrhythmia.

He is author of the book, 'Beat Your A-Fib: The Essential Guide to Finding Your Cure', and known as the A Fib Coach for his personal counseling of A-Fib patients seeking relief from the burden of Atrial Fibrillation.

After struggling to find his own A-Fib cure in 1998, Dr. Ryan started the non-profit website, 'Atrial Fibrillation: Resources for Patients' (www.A-Fib.com), now in its eleventh year. A-Fib.com is a source of well-researched, unbiased information on current and emerging treatments, resources and medical research—all written in plain language. Every month tens of thousands of A-Fib patients and their families visit A-Fib.com seeking hope and guidance. Healthcare professionals around the world refer their patients to www.A-Fib.com.

Dr. Ryan's book, 'Beat Your A-Fib: The Essential Guide to Finding Your Cure', has received over thirty 5-star customer reviews on Amazon.com. An eBook version of 'Beat Your A-Fib' is available from the author's book site: BeatYourA-Fib.com.

Dr. Ryan earned a Ph.D. in Educational Communications from the Ohio State University, and for many years he taught college film and television courses. He and his wife, Patti, live in Malibu, California.

For more see Steve S. Ryan, PhD at [LinkedIn](https://www.linkedin.com/in/stevesryan).