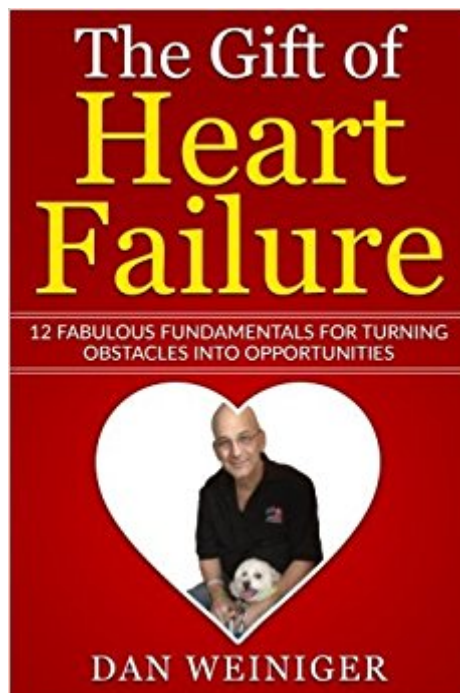




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The Gift Of Heart Failure: 12 Fabulous Fundamentals For Turning Obstacles Into Opportunities



Synopsis

For many people heart failure might sound like something that is a game-changer from which there is no way back to a normal life. For Daniel Weiniger it was something else. Having suffered a near fatal second heart attack and been told that 80% of his heart had died, he then spent 55 days in three hospitals, facing major surgery and an uphill battle. But, the more he thought about what had happened, the more he realized he had been given a "gift." In *The Gift of Heart Failure*, Dan tells his story and provides you with his 12 ways for turning obstacles into opportunities, including:

- Overcoming fear
- Appreciating the little things in life
- Developing an insatiable curiosity
- Having passion
- Being kind
- Turbocharging your enthusiasm
- Living in the moment
- And more

For Dan, the experience became a wonderful gift which changed his perspective and his life. The lessons he learned are shared with you here and will inspire you to accept ANY given situation or set of circumstances which may, at the outset, seem insurmountable. Told with a mixture of humor, reverence and real-life experiences, *The Gift of Heart Failure -12 Fabulous Fundamentals for Turning Obstacles into Opportunities* is a book you simply will not be able to put down!

Book Information

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Customer Reviews

Dan Weiniger is husband, father, businessman author and a survivor of two heart attacks. He was born in Flemington, New Jersey but now lives in Westfield, New Jersey with his family and their dog, Popcorn. He attended Arizona State University, where he attained a B.S. degree, and Fairleigh

Dickinson University, where he secured a Certificate of Visual Communications. Since then Dan has gone on to have a varied and interesting career, trading options/futures on American Stock, owning ice cream stores and selling life insurance. Dan's life was changed forever when he suffered a second heart attack and was told that 80% of his heart had died. He spent many days in hospital, undergoing many procedures and is currently waiting for a heart transplant, but it was the lessons he learned as a result of this which gave him the skills to turn obstacles into opportunities. It also helped him to formulate his book, *The Gift of Heart Failure*, in which he writes about his 12 Fabulous Fundamentals. When he isn't working, Dan enjoys walking with his dog, watching his daughter play tennis and raising awareness for organ and tissue Donation. He also loves travel, exploring new cities and watching movies. Dan hopes that his book will inspire and help others with their obstacles, whatever they may be, and in the future he would love to be able to do motivational speaking on the subject, sharing his own outlook on life - "Instead of complaining that the rose bush is full of thorns, be happy the thorn bush has roses."

I have read several books on how to turn obstacles into opportunities. Dr. Wayne Dyer's spring to mind. They have helped me shape my life and find happiness. What's unique about "The Gift Of Heart Failure" is that it is written not by a psychologist emeritus, but by someone who was forced to embark a journey he had not chosen, having come very close to sudden death, not once, but twice in his life. Dan can only live through an LVAD machine attached to his body. He doesn't have a pulse. "How cool is that?" he chirps. Most people who suffered such extensive damage to their heart would live the rest of their life wallowing in self-pity. Dan turned the experience into an opportunity to help others. Could the book be better structured? Perhaps. Would it benefit from a spell-check? Absolutely. Still, I found myself highlighting several passages. I have already started taking a few of the action steps recommended by Dan, and have witnessed a positive change in my life. I figure, anything that helps making the world a better place is deserving of 5 stars. I have also appreciated the humor that permeates the pages, and the personal anecdotes, which make the book less of an academic effort and more of a good companion on the often difficult journey that life is.

Dan's sense of humor, wittiness and determination make this a great read for all those facing health fears, particularly of the heart as he describes in detail his experiences with heart attacks and heart failure. But it is more than that. It is about the human will to live. Well done, Dan.

Dan is a super hero! His positivity and cheerful outlook are life altering for all who read his book. His

use of song lyrics made me smile at every instance. Each of the dozen fundamentals touched me. The chapter on kindness truly tugged on my heart. Best wishes for continued health and keep inspiring others.

This book was a joy to read! It felt like Dan was sitting in front of me, making me laugh and sharing his most personal feelings and experiences. Above all, it was a very inspirational book, with so much depth and truth in every chapter. One doesn't need to go through a life-threatening illness to learn from and appreciate Dan's lessons--it applies to all of us. You can read it once, and then read it again for the great reminders of how to live your life with joy and meaning. All the best to you, Dan! And thanks for sharing your story.

Interesting story that truly informs a way to live more fully and happily. As a cancer survivor, I related to the truths of the book and would attest to the message it contains. The author's list of fabulous fundamentals are universal but seldom acted upon unless one's eyes are opened by a life changing experience. Hopefully, folks will read the book and take the fundamentals to heart for whatever life throws at them for a less stressful and more fulfilling future.

The Gift of Heart Failure is a "gift" that keeps giving. After reading this book I see my "problems" differently. I see difficult professional conversations more favorably. Dan really challenges the reader to examine ourselves and our reaction to everyday "obstacles". I recommend this book highly, especially if you want closer relationships, more peace and greater happiness in your life.

The Gift of Heart Failure is an inspiring story of a man who was at death's door, but refused to go through it. In his first-person account, Dan details the emotions and fears that he faced when he was told that 80% of his heart had died. For most people, this would have been the time to say good bye to their loved ones. But Dan is not most people. In this book, Dan recounts his experiences and shares with us the tricks and tools he used to survive both mentally and physically. Dan's sense of humor, mixed with his raw emotion, make this a great read for anyone who has an obstacle to overcome. I highly recommend this book for anyone looking to live a peaceful, stress-free life.

Dan's book is a must read for anyone facing serious medical challenges ... and everyone else. His story breaks your heart but his humor, optimism and kindness will warm it.

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