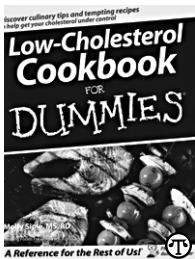




# news of books

## Heart-Healthy Ideas

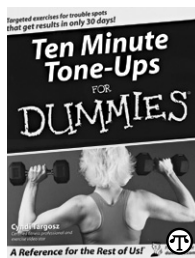
(NAPSA)—The good news for people who'd like to learn how to cook the low-cholesterol way, tone up their bodies and maintain healthier hearts is the arrival of two



new books in the widely-acclaimed "For Dummies" series.

The first, "Low-Cholesterol Cookbook for Dummies" (Wiley, \$19.99), is an easy way to cook and eat your way to a healthier heart. From breakfasts to dinners, from super starters to "legal" desserts, readers will find a mouth-watering assortment of tasty and satisfying low-cholesterol recipes. There's also advice on choosing the right foods and low-cholesterol cooking techniques.

The first, "Low-Cholesterol Cookbook for Dummies" (Wiley, \$19.99), is an easy way to cook



The second, "Ten Minute Tone-Ups For Dummies" (Wiley, \$19.99), is filled with targeted exercises for trouble spots that get results in only 30 days.

The book gives expert advice on stretching, working the upper and lower body, and adding cardio workouts to your schedule. It also includes lots of timesaving options to help you reach your fitness goals.

Like other titles in the popular series, the books offer explanations in plain English and are filled with "get in, get out" information. Both are available in bookstores or at [www.wiley.com](http://www.wiley.com).