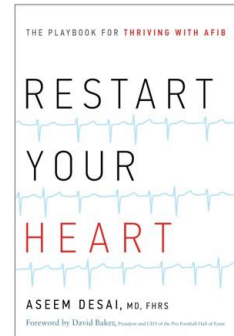


Discussion Guide  
*Restart Your Heart*  
By Aseem Desai, M.D.

1. In what ways did this book change your understanding of Atrial Fibrillation (AFib) and other heart rhythm disorders?
2. Dr. Desai notes that AFib is an individualized disease and needs personalized treatment. He cautions readers to avoid misinformation. What are some reliable health websites you've used to research AFib? What makes these sites reliable or trustworthy?
3. AFib is called "electrical cancer" by Dr. Desai. Does that description resonate with you? Why or why not?
4. While AFib is a physical diagnosis, it has mental and emotional ramifications. What tips or tools for coping with AFib suggested in the book did you try and which ones, if any, did you find helpful?
5. In your mind, what needs to happen in order to advance new therapies for AFib? Do you think this is likely to happen? Why or why not?
6. Of the three approaches to understanding and living with AFib: Be Informed; Be Prepared; Be In Control, which one is most important to you and why?



**Terms of Use:** This Discussion Guide has been created for the Network of the National Library of Medicine for educational purposes and does not reflect the opinions of the author or the publisher.



**National Library of Medicine**  
*Network of the National Library of Medicine*