

Reviews

Mary Schuellein

5.0 out of 5 stars

This book is full of great information for women's heart health.

Reviewed on July 29, 2020

The Pause To Relax... Ladies, for Robust Heart Health, written by Linda Penkala, LMT, really makes you stop and think about your life, how well it is going, and where there are areas to improve it so that you can have the most positive and healthy life. It is wonderfully geared toward women and it supports women. It really shows how much we women do for those around us and how important it is to stop, or at least Pause, to make sure we are doing all we can to maintain our health, especially heart health, and find joy in life.

The information in this book will help women strive to be stronger and heart healthy as they continue in their roles as nurturer, breadwinner, caregiver, among many others. The author's personal experiences with her own heart issues and the information she provides regarding such topics as inflammation and the importance of hydration, and exercise, allow the reader to gain insight into what can be done to ensure a stronger, healthier lifestyle. The book is warm and comforting, making you feel it is ok (and actually necessary) to look out for yourself and take care of yourself in this hectic world. It stresses the importance of knowing when to slow down, take some time, and finding ways to do that.

Ms. Penkala was once a jockey, racing horses for a number of years. She draws interesting comparisons between horse racing and the hectic pace of life, how horses love to race but yet, they love to just graze in a paddock, and how important that is. It is important for every creature to take time, slow down and refresh and sometimes, women really need to be reminded. It will help their hearts and will assist them in all the many roles they have. The Pause To Relax... Ladies, for Robust Heart Health is a valuable book with lots of great information! I have already incorporated changes in my own life to improve my health after reading this book.

Michele Henise

5.0 out of 5 stars

Heart health and life strategies for women

Reviewed on January 16, 2020

Wonderful book on the way your lifestyle choices not only affect you mind and your body but especially your heart health . Full of interesting facts and statistics this book is a must have for women so they can take charge of their lives , their health and protect their hearts . Many wonderful suggestions for reducing stress in your life ,making yourself a priority and time for you !!!

Victoria Cheek

5.0 out of 5 stars

It's not too late to Love me and my Heart ☑

Reviewed on December 14, 2019

Excellent document! Full of information, personal stories, and

encouragement to take care of the one heart God has given us. Serious and funny. Good read and a book I will share with many women on my Christmas list this year.

Thomas Reagan

5.0 out of 5 stars

Write on the money!!!

Reviewed on March 4, 2020

The author did a great job with this book. Men should be reading this as well. I have given several copies to family and friends and they all enjoyed it. This is a great time to learn, pause, reflect and move forward.

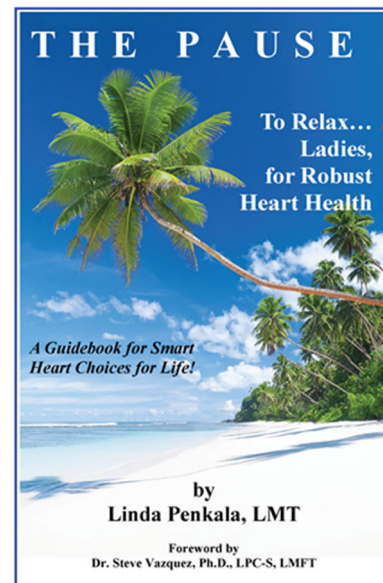
Connie Bowman

5.0 out of 5 stars

A book to share and share!

Reviewed on January 29, 2020

Thank you Linda for this important book. There are never enough books specifically written for women. This one has a message that can change our lives. We can get caught up in the fast paces of our lives that we lose sight of what's truly important and our health can suffer in the process. It's time for a more intentional way of living, one that truly supports our spiritual hearts and our physical heart health. Highly recommend for you and all of the beloved women in your life.



Reviews

Mark S. Grad

5.0 out of 5 stars

Quick, easy and important read!

Reviewed on March 9, 2020

Linda's book is well written and informative. By using analogies of her life's work, the author provides easy to understand information about heart health and the ways in which women can conquer or decrease the risk of cardiovascular disease. This is an easy read that empowers us to act and react in a proactive manner!

Sheila Gibson-Cornett

5.0 out of 5 stars

Great Read

Reviewed on March 9, 2020

Awesome read I love reading about heart health. Women need to know the warning signs.

Every women needs to buy this book. The journey through the process for awareness to health.

