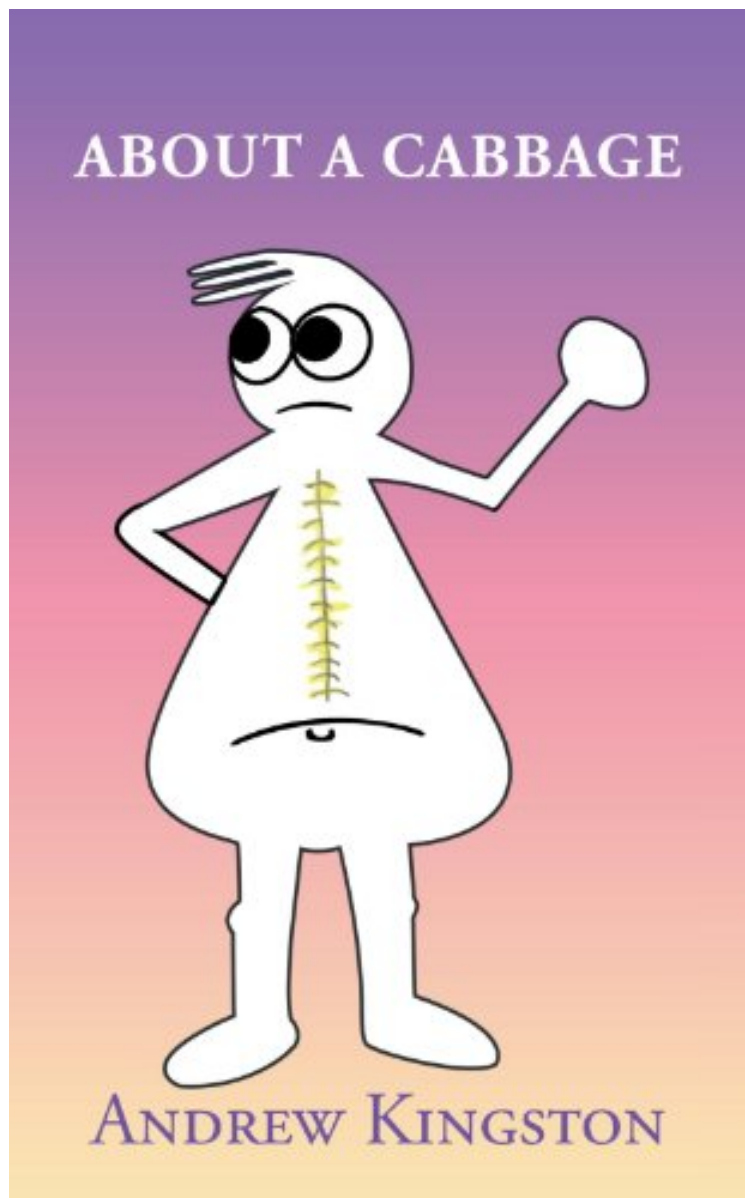


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## About a Cabbage

*Andrew Kingston*

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**Andrew Kingston : About a Cabbage** before purchasing it in order to gage whether or not it would be worth my time, and all praised About a Cabbage:

The book lists some of his many injuries and surgical procedures which have almost qualified him to be a doctor or surgeon by default. The problems that happened during and after the heart surgery are quite hard to believe but are all true. Andrew has suffered some twenty broken bones, several hundred stitches due in the main to motoring and work related accidents and lots of work to his heart which is ongoing. Problems with the health service and the system are detailed from a patient's point of view, with passion and humour.

About the Author Andrew Kingston is a 54 year old ex construction site manager who suffered a rather inconvenient heart attack and follow up quadruple heart by-pass surgery in December 2006. The procedure and follow up work has been logged as it happened, to include seven Stents, two strokes, a coma and all of the knock on effects caused by surgery and medicines. He is still alive, just.