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# The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence

*By Doc Lew Childre, Howard Martin, Donna Beech*



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## The Intelligent Heart

Access the power of your heart's intelligence to improve your focus and creativity, elevate your emotional clarity, lower your stress and anxiety levels, strengthen your immune system, promote your body's optimal performance, and slow the aging process.



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- Sales Rank: #13763 in Books
- Brand: Brand: HarperCollins e-books
- Published on: 2000-08
- Released on: 2000-07-03
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .68" w x 5.31" l, .57 pounds
- Binding: Paperback
- 304 pages

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## **Editorial Review**

### *Amazon.com Review*

*The HeartMath Solution* may easily be written off as a book too eccentric for widespread public consumption, and that's unfortunate. The title's a bit misleading--it's not about cardiac care and it's not about calculus, but rather how 30 years of research have shown that the heart's "intelligence" affects emotions and physical health--especially when it comes to handling stress--and specifically what you can do to balance heart rhythms, reduce stress hormones, and boost your immune system. Yes, it sounds complicated, especially when you read that cardiologists worked with physicists and psychiatrists to develop the HeartMath program. But it's worth brushing off your skepticism and exploring the concepts in the *Solution*, as many employees of Fortune 500 companies have already done.

The "intelligence" that the authors focus on refers to both the heart's "brain," or the 40,000 neurons found in the heart (the same number in the brain itself), and the intuitive signals the heart sends, including feelings of love, happiness, care, and appreciation. When such positive emotions are felt, they "not only change patterns of activity in the nervous system; they also reduce the production of the stress hormone cortisol." When there's less cortisol, there's more DHEA, the so-called fountain of youth hormone known to have anti-aging effects on many of the body's systems.

*The HeartMath Solution* outlines 10 steps for harnessing the power of the heart's intelligence, including ways to manage your emotions and keep energy levels high. One of the most important is the "Freeze-Frame" technique for calming the nervous system, improving clarity of thought and perception, and boosting productivity (which is one of the many appealing features for those Fortune 500 companies). Each step includes references to data proving its effectiveness, with handy summaries of the key points to remember at the end of each chapter. This is a book that takes a bit of scientific understanding and a lot of time to wade through, but one that could help you prevent stress from ruling your existence. --*Erica Jorgensen*

### *From Publishers Weekly*

Is the heart the missing link in the mind-body connection? By combining age-old philosophy with modern science, Childre and MartinArespectively the founder and an executive consultant of the California nonprofit research organization, Institute of HeartMathAmake a compelling case for the idea that good health is really a triumph of heart, not mind, over matter. Citing the Institute's research on the heart's role in human health, they demonstrate that the so-called metaphorical condition of the heartAwhich has long been associated with love, wisdom, courage and happinessAmay play as important a role in mental well-being as its physical function. The HeartMath solution lies in developing what Childre and Martin call the core heart feelings (such as love, forgiveness, appreciation and care), which trigger physiological responses resulting in less stress, better brain function and a stronger immune system. Although this book is about the heart, it's written with cool intelligence and intelligibility for the head. Despite slightly off-putting names (Freeze-Frame, Cut-Thru and Lock-In), the relaxation exercises, which are being taught at corporations and at schools, are simple to do, although perhaps already too familiar to anyone who has tried other kinds of meditative techniques. Nevertheless, in presenting a clear argument for following one's heart, this book certainly breaks new ground in the holistic approach to health. Author tour.

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### *Review*

"This book could save you years of therapy."--Deepak Chopra, M.D., "The Chopra Center for Well Being"  
"This is the owner's manual we've been waiting for to help us recognize and use our heart's energy to help heal our bodies and our lives."--Christiane Northrup, M.D.  
"Doc Childre and the dedicate staff of the Institute of HeartMath have turned emotional wisdom of ancient civilizations into an effective and scientifically validated approach to achieving to achieving mastery in everyday life."--Gerhard Werner, M.D., professor emeritus of psychiatry, University of Pittsburgh  
"An idea that could shake our world."--"Utne Reader"  
"A celebration of the intelligence of the heart and a practical guide to living it."--Gary Zukav, author of "The Seat of the Soul"

## **Users Review**

### **From reader reviews:**

#### **Dennis Thorpe:**

Exactly why? Because this The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will jolt you with the secret this inside. Reading this book alongside it was fantastic author who have write the book in such incredible way makes the content interior easier to understand, entertaining method but still convey the meaning completely. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking way. So , still want to delay having that book? If I ended up you I will go to the book store hurriedly.

#### **Marilyn Apperson:**

That e-book can make you to feel relax. This particular book The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence was colorful and of course has pictures on the website. As we know that book The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence has many kinds or type. Start from kids until young adults. For example Naruto or Investigation company Conan you can read and feel that you are the character on there. Therefore not at all of book tend to be make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book for yourself and try to like reading this.

#### **Alicia Hendrickson:**

What is your hobby? Have you heard this question when you got college students? We believe that that concern was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. So you know that little person just like reading or as studying become their hobby. You need to know that reading is very important and book as to be the matter. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You find good news or update regarding something by book. Numerous books that can you choose to use be your object. One of them are these claims The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence.

**Marjorie Thompson:**

Many people said that they feel weary when they reading a book. They are directly felt the idea when they get a half parts of the book. You can choose the actual book *The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence* to make your reading is interesting. Your current skill of reading expertise is developing when you just like reading. Try to choose easy book to make you enjoy to learn it and mingle the impression about book and examining especially. It is to be first opinion for you to like to available a book and examine it. Beside that the e-book *The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence* can to be your brand-new friend when you're feel alone and confuse with what must you're doing of the time.

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