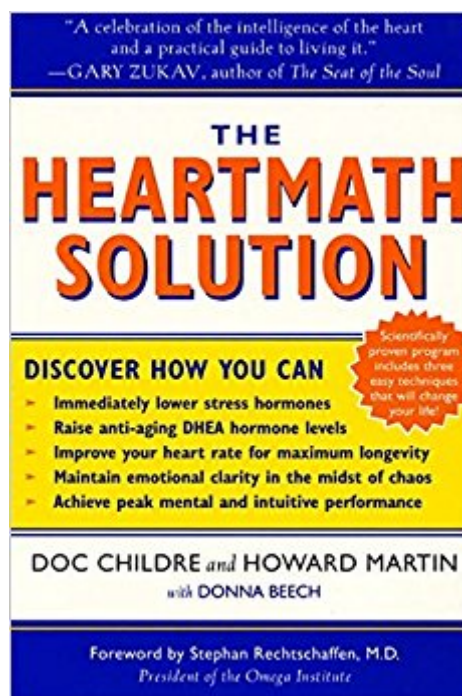




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# The HeartMath Solution: The Institute Of HeartMath's Revolutionary Program For Engaging The Power Of The Heart's Intelligence



## Synopsis

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.

## Book Information

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## Customer Reviews

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 --This text refers to an out of print or unavailable edition of this title.

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 happinessA may 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. Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

POSITIVESA doctor recommend this boo and it is a great read.Freeze frame is a simple exercise to learn and extremely helpful.Concise information and an easy read.Techniques to control emotions and assist with pain management really workGood for stress reduction, personal health and slowing downBreathing into the heart and from the heartA very practical guide to living, healing your own body and increasing your creativityScientific validationNEGATIVEAlthough simple, it does take

some getting used to doing.HINTLearn about the role of your heart in your own wellnessHIGHLY RECOMMEND

If you're looking to help yourself control your emotions, pain brought on by a medical diagnosis, the way you interact with others, the techniques taught here will help a great deal. It brought pain from an autoimmune disease down to a 4, from an 8/10! Eye opening experience when you learn what you're doing to yourself, and your body when cortisol reaction is constantly firing off!

I found this book to be very informative and thought provoking, I learned a lot about the power that lies within us to make our lives better. I have started practicing some of the techniques outlined in the book and already feel a difference. I know it takes time but the information in this book will shift your thoughts and help you realize that you can change your life. by changing your thoughts.

After reading this book I realize my perspective on stress issues has changed.I now evaluate most situation as energy gain or deficit. Whenever I recognize a situation that creates deficit, I try to minimize its negative impact. On the other hand I also cultivate situations, feelings that create an energy gain.This alone is worth the price of the book and more: I now have a rational view on stress and can take action, with methods proposed in this book or any other method that I can integrate in the plan.But solutions proposed in this book go further: not only it teaches you to recognize stress, but it also teaches you to TRANSFORM it. This is, to replace an energy deficit, with an energy GAIN. You are not moving from negative to neutral, but from negative to positive (not traditional positive thinking, but positive feelings and emotions, and thus triggering physiological regeneration). This is the breakthrough of the methods in this book.Unfortunately, I find the tools very hard to apply. Basically you are asked to generate genuine positive feelings (appreciation, care, love....) whenever a stress event occurs, or whenever you want to regenerate yourself. Problem is it seems I can't just trigger at will an authentic feeling such as care, love, compassion or appreciation. This is the main problem for me. Maybe I will be able to with more practice ? Anyway it's worth trying.

I had heard of HeartMath but it was good to get the full picture. This is a book that I would read again slowly to make sure I understood all the principles. I like that the concept is based on research that is verifiable. Focusing on one's heart and breathing through it seems a bit vague but I believe it is a method that has merit and can produce beneficial physical and emotional results. It would be good to follow up with some individual help and bio-feedback to make sure all is in order.

Not something I can do right now but nice to know its available.

I'm glad there is a book out there that really helps people to be more attuned and in harmony with ones' internal workings. Still, it was a little contradicting that a book trying to help you being more at ease and stress free contains information that plainly stressed me out. I do understand they are trying to make a point from them and helps to give them a cientific credibility. Although I have an itch on some things being somewhat misunderstood, I still believe in the book, it's excersises and their commitment. It does work which is the most important feature after all. Everyone should learn to be more connected with themselves. Would solve so many problems.

The findings of the Heartmath institute make their way around the web by various experts and authors in the personal development community, and that led me back to the source. Reading this book was eye opening to say the least. It shares some of the research findings done by the institute in an easy to read way. It then shares some stupid simple exercises that I've done for about the past year with great success for stress management. Since some of their exercises and information are free on their website, I just tell everyone to check out Heartmath as their stress management "tool." Then if someone wants to find out more about why it works (people that are into this stuff like myself), I'd say they absolutely should read this book. I actually encourage everyone to read this book at some point as managing stress is absolutely essential to good health, and if you don't believe that now you will after reading the research the Heartmath Institute has conducted. Get this book if you want to really expand your mind about the way the human body, mind, and heart works.

I just started reading this and I already love it. Very good information. If you're kind of a whack job like me, this book and the techniques described within might really help you. I first heard about Heartmath on a surfing trip to Fiji. The techniques made it possible for me to not panic in big waves. It really is very very useful and valid.

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