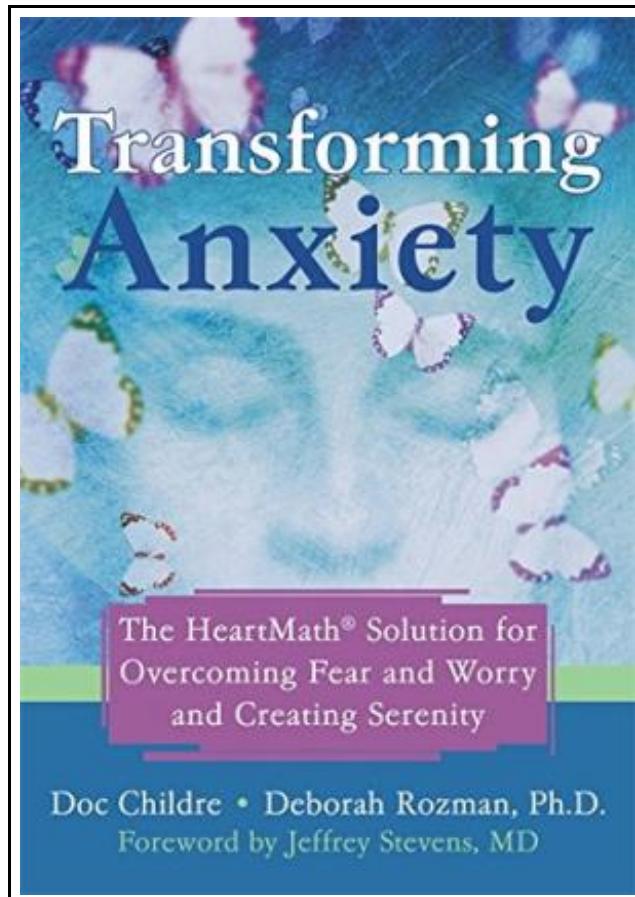


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TRANSFORMING ANXIETY: THE HEARTMATH SOLUTION FOR OVERCOMING FEAR AND WORRY AND CREATING SERENITY



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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Transforming Anxiety: The Heartmath Solution for Overcoming Fear and Worry and Creating Serenity, Deborah Rozman, Doc Childre, Nothing can destroy health and quality of life faster than chronic anxiety, that vague feeling of unease and distress that something, somehow is hopelessly wrong. Unfortunately, problems with anxiety, common before, are steadily on the rise. Anxiety disorders have always been the most common psychological problems, but new reports suggest that nearly 25 percent of Americans at any given time suffer from some form of anxiety. In response to this growing problem, the scientists at the Institute of HeartMath have adapted their revolutionary techniques into a fast and simple program that anyone can use to break free from anxiety once and for all. At the core of the HeartMath method of emotional regulation is the idea that, by focusing on positive feelings such as appreciation, care, or compassion, anyone can create dramatic changes in his or her heart rhythms. These changes precipitate a series of neural, hormonal, and biochemical events that dissipate stress and anger and lead to greater well-being. The benefits from using this system are remarkable and far-reaching: blood pressure drops, stress hormone levels fall, immune system activity increases, and anti-aging hormone levels rise. Through its interactive learning system, this book teaches you how to use the HeartMath method, enabling you to see and experience in real time how thoughts and emotions affect your heart rhythms. It shows you how to engage your heart to bring emotion, body, and mind into balance, and helps you stay in a zone of focused clarity, optimal health, and high performance. Changes brought about through this method are fast-acting and long-lasting - the perfect antidote to our chaotic and anxiety-provoking lives.



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