



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

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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