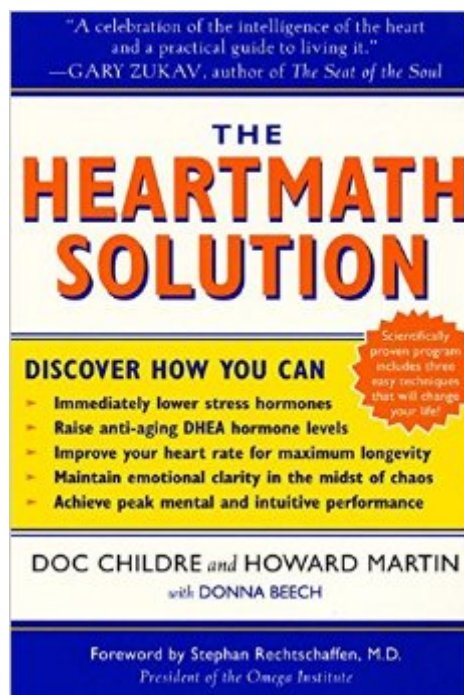


The book was found

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 Forward to this book should be sufficient to sell most musicians on the method. It speaks of the relationship between time and health and the stress we produce under the mis-impression that we never have enough "time" when in fact the real culprit is "dysrhythmia." Like musicians who mangle time, forever failing to "swing," most people misunderstand and mismanage time. Like musicians who "drag" down the tempo and those who "rush" the tempo, most individuals don't stay in the "pocket," are never "centered," are never in touch with the "heart," which is no mere pump or metronome but the metaphoric equivalent, or source, of love--which in turn accounts for the best, and most vital, qualities that distinguish us as human beings. Musicians refer to those few musicians who express this quality as having "soul." Dragging and rushing are at once the cause and manifestation of "heart disease." Being "in the pocket," on the other time, is not merely having or keeping "good time." Human beings are not metronomes or machines: they're lovers. According, the only "right" time is when the individual is in synch with his or her own heart, which in turn is a microcosm of the external world. When the individual is "in balance" with the heart, he or she is "in synch" with the rest of the world. Conversely, when the individual is balance with external reality, the

heart responds with an expression of the same balance, manifesting a healthy glow. It's permissible to "bend" and vary the time--in fact, it can be necessary to the primary challenge of being "in synch" with others. Without a doubt, this is one of the better (one of the few) "self-help" books in that it talks about "common-sense" things in ways that are likely to produce insight and understanding.

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