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I much appreciate the work Heartmath is doing and hope to be able to contribute in ways that help as many people as possible too. But first, I am cleaning up my own back yard to be an example of what this all truly means. I thank Heartmath for giving me such great tools to accelerate this process of change. 16 of 17 people found this review helpful.

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The HeartMath Solution The Institute of HeartMath's

The HeartMath Solution falls short on hard science and, because of its self-referential style, is reduced to a very long brochure for the HeartMath Institute's follow-on commercial programs. Considering the altruistic nature of the subject, I can't believe that this is the book that HeartMath really intended to produce.

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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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