



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

By Doc 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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Editorial Review

Amazon.com Review

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*

From Publishers Weekly

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 happinessAmay 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.

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Review

"*The HeartMath Solution* is a celebration of the intelligence of the heart and a practical guide to living it." -- Gary Zukav, author of *The Seat of the Soul* and *The Dancing Wu Li Masters*

"Ancient cultures believed that the heart rather than the brain was the seat of emotions, vestiges of which are still apparent in descriptive phrases such as "broken hearted," "cold hearted", and many others. Recent research confirms the existence of complex communication links between these two organs as well as other systems responsible for maintaining homeostasis, and unanticipated electrical energy pathways that may mediate these activities. This book describes cutting edge approaches that can not only tune into such conversations, but also reduce stress and promote physical and mental health by influencing the dialogue." -- Paul J. Rosch, M.D., F.A.C.P., President, *The American Institute of Stress*

"Being at the vortex of the high-tech industry is very stressful. Using the techniques outlined in this book have literally added ten year to my life!" -- Patricia Seybold, CEO, the Patricia Seybold Group and the author of *Customers.com: How to Create a Profitable Business Strategy for the Internet and Beyond*

"Doc Childre and the dedicated staff of the HeartMath Institute have turned emotional wisdom of ancient civilizations into an effective and scientifically validated approach to achieving mastery in everyday life." -- Gerhard Werner, Emeritus Professor of Psychiatry, University of Pittsburgh

"HeartMath has had a profound influence on the lives of patients, staff, and administrators at our hospital. Specific health problems such as hypertension and arrhythmias have improved in several patients through interventions with HeartMath tools. Communication and creativity among staff members trained in these tools has taken a quantum leap. They have noticed a completely different way of looking at problems and interacting with those around them." -- Bruce Wilson, M.D., Former Director, University of Pittsburgh Heart Institute, Chairman, Medical Education Committee, Columbia Hospital, Milwaukee, WI

"In history, the civilization of the United States of America may well go down as being the first in the West to develop formal techniques for guiding people toward their own happiness and that of others. *The HeartMath Solution* is one example of this genre. On the basis of a knowledgeable scientific background, several "how-to" procedures are described and the evidence presented to show that they work. A most worthwhile venture." -- Karl H. Pribram, M.D., Ph.D., Professor Emeritus, Stanford University

"The HeartMath approach outlined in this book could save you years of therapy." -- Deepak Chopra, M.D., Chopra Center for Well Being, La Jolla, CA

"The HeartMath tools have the potential to introduce an enormous degree of coherence into what may easily be the most chaotic and painful period in a company's growth. These tools, which are easily incorporated into even the busiest of schedules, provide the individual with a speedy yet profound method for managing stress and consequently furnishing them with the clarity, insight and enthusiasm to deal effectively with the challenges in their workplace." -- James Grove, Vice President, Salomon Smith Barney

"The daily life-style we're all caught up in has placed a barrier between us and our hearts. Doc Childre and Howard Martin's new book, *The HeartMath Solution*, bridges this gap between our daily workspace and our

heartspace. This practical approach to conscious living provides more than just an understanding of why we should reach within to our own spiritual center; it shows us in a simple way *how to do it*. As a vascular surgeon and medical administrator, I appreciate this pragmatic way to reach an inner place I thought was more difficult to find!" -- *Bruce H. Robinson, M.D., President, Meridian Institute, College of Integrated Medicine, Monterey, CA*

Users Review

From reader reviews:

Corene Albert:

Nowadays reading books are more than want or need but also get a life style. This reading routine give you lot of advantages. The huge benefits you got of course the knowledge even the information inside the book that improve your knowledge and information. The information you get based on what kind of guide you read, if you want send more knowledge just go with training books but if you want experience happy read one with theme for entertaining for instance comic or novel. The particular The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence is kind of guide which is giving the reader erratic experience.

Evan Hinson:

People live in this new day of lifestyle always aim to and must have the time or they will get lot of stress from both daily life and work. So , once we ask do people have spare time, we will say absolutely indeed. People is human not really a huge robot. Then we question again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer may unlimited right. Then do you ever try this one, reading publications. It can be your alternative throughout spending your spare time, often the book you have read is usually The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence.

Karen Bell:

Is it anyone who having spare time subsequently spend it whole day through watching television programs or just lying on the bed? Do you need something new? This The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence can be the solution, oh how comes? The new book you know. You are thus out of date, spending your extra time by reading in this brand new era is common not a geek activity. So what these publications have than the others?

Olive Wilson:

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