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most revolutionary
research on the heart
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Childre and co-author
Howard Martin take a
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look at the heart and
it's alliance with the
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**The HeartMath
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Solution for Stress

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Whether you, a friend,
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Solution Institute
developed reliable,
scientifically validated
tools since 1991 to
help people reduce and
avoid stress while
experiencing increased
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enjoyment.

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The Science of HeartMath - HeartMath

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Transforming Stress: The Heartmath Solution for Relieving ...

“HeartMath gives the

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tools to be more aware of how you are behaving right now and how that affects others,” Newsome said. “It’s made me more aware of my reactions to things.”

Rather than contributing to the stress generated during a tough day, Newsome said he’s more likely now to focus on finding solutions to problems and moving on.

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Solution for Stress | HeartMath Institute

The HeartMath Solution Program For details several of HeartMath's scientifically validated techniques to Engaging Power Hearts Intelligence Doc Child strengthen the heart and brain partnership as a way to better regulate stress and anxiety, leading to improved health and enhanced mental functioning.

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**UCH team gets to
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...

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high definition picture
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The HeartMath®
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research shows how
"the brain in the heart"
can make us healthier
and more intelligent

The heart -- for
centuries poets and
philosophers have
sensed that the heart
is the very center of
our lives.

**The Heart Is More
Than We Know,**

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HeartMath Institute

In 1991, Doc Childre, author of *The HeartMath Solution* (1999) helped co-found the Institute of HeartMath with Howard Martin, both of Boulder, Colorado. It is a leading research center aimed at developing “heart intelligence,” specific skills to help us manage emotion by setting our heart to be in synch with our mind.

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Novice Meditators of an Easily ... -

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Research Director

discusses why heart
coherence is essential
in stress management
and sustainable

behavior change. The
Heart-Brain Connection

Most of us have been
taught in school that
the heart is constantly
responding to “orders”
sent by the brain in the
form of neural signals.

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heart's intelligence to
improve your focus and
creativity, elevate your
emotional clarity, lower
your stress and anxiety
levels, strengthen your

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