

Dr. Goldman's Book Reviews

THE HEARTMATH SOLUTION

By

Doc Childre and Howard Martin

With Donna Beech

HarperSanFrancisco, Harper Collins Publishers 1999

This is a great little book. Drs. Childre and Martin have practical simple exercises to reduce stress and deal with life's pressures. **Their ideas can be learned quickly and can give you some relief RIGHT NOW.**

As it says on the cover: Discover how you can

- Immediately lower stress hormones
- Raise anti-aging DHEA hormone levels
- Improve your heart rate for maximum longevity
- Maintain emotional clarity in the midst of chaos
- Achieve peak mental and intuitive performance

It is a practical guide on dealing with stress. **If you think this book might help you, go out and buy it TODAY.**

Robert P. Goldman, MD 1-27-07