



3400-A Old Milton Pkwy • Ste 360 • Alpharetta GA 30005
770.475.0077 • georgiahormones.com



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

Doc Childre and Howard Martin With Donna Beech
HarperSanFrancisco, Harper Collins

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

As it says on the cover, discover how you can:

- Immediately lower stress hormones
- Raise anti-aging DHEA hormone levels
- Improve 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