



The 15 Minute Heart Cure: The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day

John M. Kennedy, Jason Jennings

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From a top cardiologist-simple stress-reduction techniques to prevent and reverse the four major kinds of heart disease

The 15 Minute Heart Cure shows how stress can harm our cardiovascular system and offers practical, easy ways to dispel stress naturally, without spending a lot of time or money. It explains the stress-heart disease connection for the four major types of heart disease-heart attack, arrhythmia, congestive heart failure, and cardiac valve disease-and equips you with the author's proven BREATHE technique to help you stop stress in its tracks.

- Teaches the BREATHE (beginning, relaxation, envision, apply, treatment, heal, end) technique to help you heal and protect your heart
- Gives you specific stress-reducing breathing and guided imagery exercises you can do anywhere, anytime
- First book by a leading cardiologist on the stress-heart disease connection-Dr. Kennedy is the former director of Cardiac Catheterization Laboratory and director of Inpatient Cardiology, Kaiser Permanente Medical Center, San Rafael, CA and the current medical director of Preventive Cardiology and Wellness, Marina Del Rey Hospital, Marina Del Rey, California, and member of the Board of the American Heart Association
- Includes real-life case examples from the author's extensive clinical experience.

Don't let stress hurt your heart. Unleash the healing benefits of *The 15 Minute Heart Cure* and discover the wonderful sense of focus and calm it will bring to your life.

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Laurel Ramer:

Exactly why? Because this The 15 Minute Heart Cure: The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day is an unordinary book that the inside of the guide waiting for you to snap that but latter it will jolt you with the secret this inside. Reading this book close to it was fantastic author who else write the book in such remarkable way makes the content interior easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of benefits than the other book have such as help improving your ability and your critical thinking technique. So , still want to postpone having that book? If I ended up you I will go to the e-book store hurriedly.

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