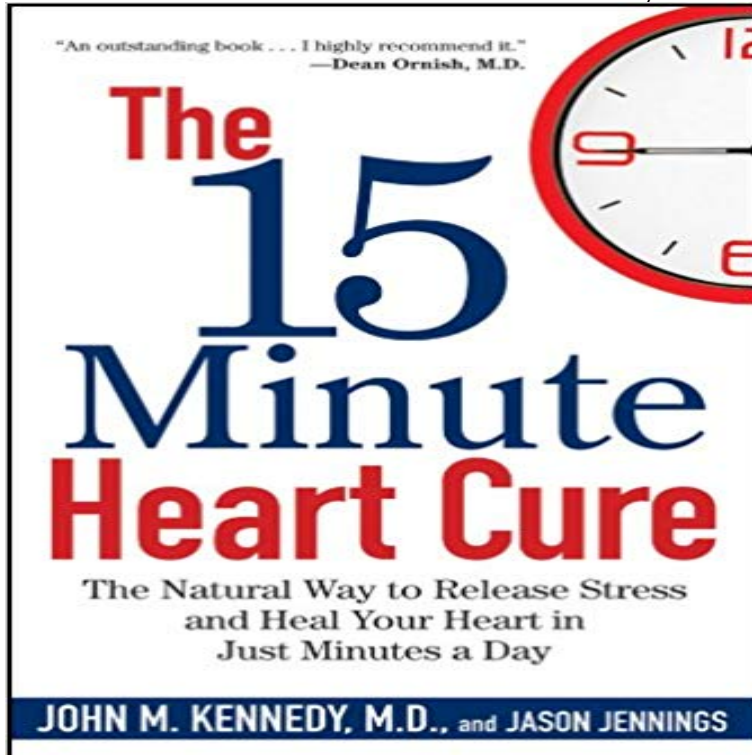


The 15 Minute Heart Cure: The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day



From a top cardiologist-simple stress-reduction techniques to prevent and reverse the four major kinds of heart diseaseThe 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 authors 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 heartGives you specific stress-reducing breathing and guided imagery exercises you can do anywhere, anytimeFirst 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 AssociationIncludes real-life case examples from the authors extensive clinical experience. Dont 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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Kennedy, M.D. Dr. Kennedy encourages patients to adopt and maintain new, healthier lifestyle habits so they not only lose weight but also, more The 15 Minute Heart Cure: The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day, **The 15 Minute Heart Cure: The Natural Way to Release Stress and** Aug 10, 2012 He is author, with Jason Jennings, of The 15 Minute Heart Cure: The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day **The 15 Minute Heart Cure: The Natural Way to Release Stress and** The 15 Minute Heart Cure: The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day: John M. Kennedy: 9780470409244: Books **The 15-minute heart cure : the natural way to release stress and** Oct 5, 2010 - 8 min - Uploaded by Lucid Public RelationsDr. Kennedy discusses his best selling book The 15 Minute Heart Cure and his life saving **From Transplant to Transformation - Google Books Result** Editorial Reviews. From the Inside Flap. 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