



Heart Intelligence: Connecting with the Intuitive Guidance of the Heart (Paperback)

By Doc Childre, Howard Martin, Deborah Rozman

Waterside Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Doc Childre s writing is eloquent, his wisdom is profound, and his easy way of communicating makes this book a treasure. His colleagues present the energy of the heart in the safety of a scientific context that invites us again and again to move beyond it. -- Gary Zukav, author The Seat of the Soul and The Dancing Wu Li Masters Heart Intelligence, Connecting with the Intuitive Guidance of the Heart provides readers with a new, high definition picture of the energetic heart as a unifying, creative, intuitive intelligence that we can learn to draw on for moment to moment guidance. Heart Intelligence links the physical heart to the spiritual (energetic) heart. Through its extensive communication with the brain and body, the heart is intimately involved in how we think, feel, and respond to the world. Expanding on their breakthrough book, The HeartMath Solution, the authors offer heart-based techniques and guidelines for living from the heart, which connects the puzzle pieces of our purpose and fulfillment. The book provides information and simple practices for accessing our heart s intuitive guidance to connect with our highest choices...



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