



## **The Quiet Heart: Putting Stress In Its Place**

Peter Gruenewald; Foreword by Teresa Hale

- A unique and highly effective approach to stress management and personal development
- Can be used to combat anxiety and depression, high blood pressure, strokes and heart attacks
- Author is an NHS doctor and holistic practitioner

This book describes a highly effective approach to stress management and personal development, using heart-based exercises that help manage and transform extreme emotions. In this way, it is possible to deal with many forms of stress, anxiety, anger and depression without drugs or psychotherapy and to regain power over our own lives and feelings. The benefit of these unique, easily practised exercises can be felt within days.

Dr Gruenewald's revolutionary holistic approach, named HeartSpheres, is based on new scientific research in neurology, psychiatry, psychology as well as cardiology and complementary medicine. Case studies record the astonishing results the author has witnessed as clients apply these techniques in their lives.

This book is an essential read for anyone who wants to take their physical and emotional health into their own hands, rather than leave them exclusively in the hands of a health professional or a psychotherapist.

'This book is different, in that it allows you to skip around, looking for what you really need. Its 1, 2, 3 approach makes it easier to take what you want from it and get the most out of the read ... I don't find myself stressed out often but that didn't stop the practices from helping me! At a mere 158 pages, I feel that anyone can find the time to read this book and walk away with more than they have put into it.'

--Eugene Kelly, merliannews.com

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