



Healing the Heart: A Spiritual Approach to Reversing Coronary Artery Disease (Perfect Health Library)

By Deepak Chopra M.D.

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Healing the Heart: A Spiritual Approach to Reversing Coronary Artery Disease (Perfect Health Library) By Deepak Chopra M.D.

One of the world's best-selling authors and the pioneering teacher of the benefits of mind body medicine focuses on America's number one health problem: coronary artery disease.

Millions of Americans suffer from coronary artery disease or have a loved one who does. Despite advances in conventional treatment, it remains the leading cause of death among American adults. Fast-paced life-styles, high stress levels, poor diets, and addictions to unhealthy activities such as smoking and excessive drinking contribute to the prevalence of this disease.

In *Healing the Heart*, Deepak Chopra, M.D., shows readers how to reduce their risk factors for coronary artery disease by following an individually tailored regimen, based on the principles of Ayurveda, a 5,000-year-old medical system. Specific suggestions enliven health through diet, exercise, meditation, and self-awareness. This safe and effective program promotes a healthy heart by opening the energizing and healing pathways that unite mind, body, and spirit. Deepak Chopra, M.D., has written twenty books, which have been translated into thirty-five languages. He is also the author of more than thirty audio and videotape series, including five critically acclaimed programs on public television. Dr. Chopra currently serves as the director for educational programs at The Chopra Center for Well Being in La Jolla, California.

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- Sales Rank: #1336645 in Books
- Published on: 1998-05-26
- Released on: 1998-05-26
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 6.25" w x .75" l,
- Binding: Hardcover
- 153 pages

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Editorial Review

From the Inside Flap

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From the Back Cover

Praise for

Deepak Chopra, M.D.

"A new medicine is in the making, one in which mind, consciousness, meaning, and intelligence play key roles. One of the architects of the new medicine is Dr. Chopra, a credentialed, respected physician who has 'paid his dues' as a modern doctor."

Larry Dossey, M.D., author of *Healing Words*

"Deepak Chopra is being hailed as a modern-day Hippocrates for his novel approach of combining ancient healing traditions with modern research."

Irv Kupcinet, *Chicago Sun-Times*

"We can't help wishing he lived close enough to make house calls."

Judith Hooper, *New York Times Book Review*

"Dr. Chopra's writing has great beauty, great power, great delight, and much common sense."

Courtney Johnson,

author of *Henry James and the Evolution of Consciousness*

"Dr. Chopra presents us with information that can help us live long, healthy lives."

Bernie Siegel, M.D., author of *Love, Medicine, and Miracles*

About the Author

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From the Trade Paperback edition.

Users Review

From reader reviews:

Andrew Schulz:

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Eric Rodriguez:

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