



Heartbreak and Heart Disease: A Mind/Body Prescription for Healing the Heart

Stephen T. Sinatra

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Drawing on his extensive experience as a cardiologist and his findings in the field of mind/body medicine, Dr. Sinatra offers a pioneering approach to preventing and treating the Western world's biggest killer -- heart disease. After exploring the ways in which the mind, body, and spirit work together to promote and protect our health, Sinatra illustrates how opening our hearts and releasing suppressed emotions can restore balance in our lives. Utilizing breathing exercises, body movements to relieve tension in the head, neck, and back, meditation, prayer, and much more, Sinatra outlines his prescription for conquering heart disease using several case histories. This title is the first comprehensive, mind/body/spirit approach for healing the heart and now is available in a new paperback edition.

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