



## Transforming Depression: The HeartMath Solution to Feeling Overwhelmed, Sad, and Stressed (Paperback)

By Doc Childre, Deborah Rozman

New Harbinger Publications, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. Transforming Depression argues that the prevalence of depression today results from the frenetic pace of modern life. A constant sense of being overwhelmed, fatigued, and stretched to the limit leads us to feelings of hopelessness and a lack of interest in normally pleasurable activities-the principal signs of depression. By using the HeartMath(r) techniques, readers will be able to tap into new reserves of energy and creativity and will find new ways to connect with the people in their lives. As a result, feelings of depression will lessen and dramatic change will take place for better health in mind and body. This latest offering from the Institute of HeartMath shows readers how to use the revolutionary HeartMath(r) tools like the Freeze-Framer(r) and the Heart Lock-In(r) to overcome feelings of sadness and depression associated with stress and the sense of being overwhelmed by the chaotic world in which we live.



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