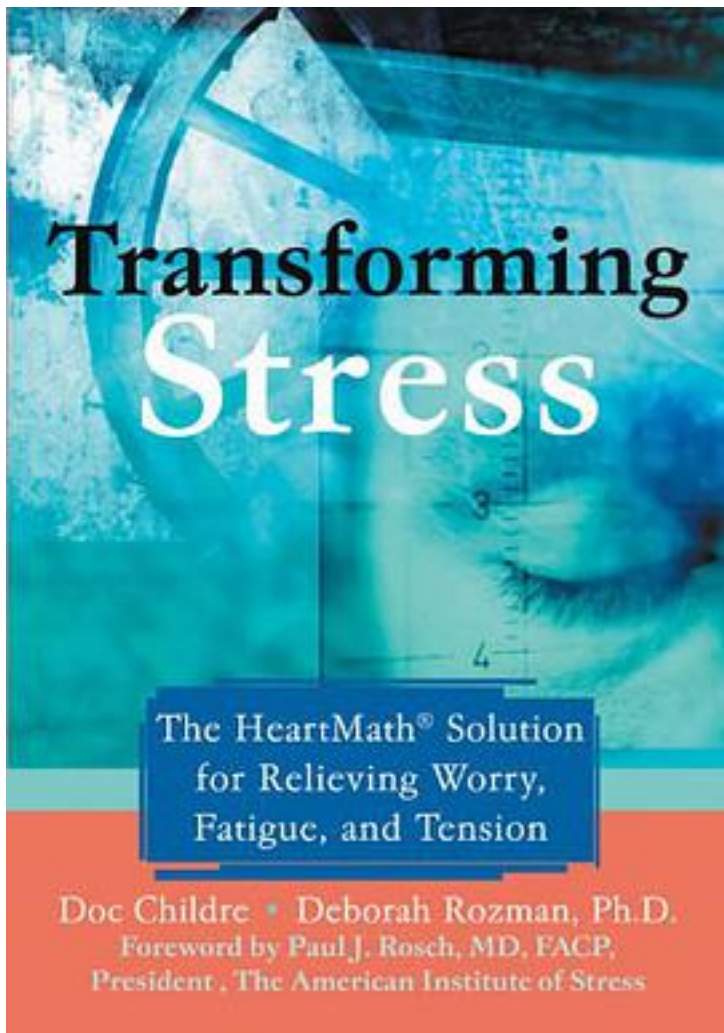


Transforming Stress



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著者:Doc Lew Childre

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Written by the leaders of the renowned HeartMath Institute, this book offers

scientifically-proven techniques that alter the body's physical response to stress, and shows readers how to attain a peaceful, positive state of being. In a Stanford University study, a six-hour programme integrating the HeartMath techniques was found to be effective in decreasing trait anger, improving psychosocial functioning, and increasing the tendency to use forgiveness as a problem-solving strategy.

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