

The Heart Speaks



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著者:Guarneri, Mimi

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Every day, 2,600 Americans die of cardiovascular disease -- and despite remarkable interventional and surgical procedures, over 650,000 new heart attacks occur annually. In "The Heart Speaks," Dr. Mimi Guarneri reveals groundbreaking new research that the heart is a multilayered, complex organ, possessing intelligence, memory, and decision-making abilities independent from the mind -- and that healing the heart can have more to do with healing the mind and soul than we ever knew. From childhood in a family riddled with heart disease to a medical career facing the pounding heartbeats of cardiac emergencies, Dr. Guarneri draws us into the intimate moments of life and death, and leads us on a riveting exploration of the heart's many mysteries. Through her compelling memoir we see that it is only by knowing the whole heart -- its mental, emotional, spiritual, and universal aspects -- that we can truly heal.

作者介绍:

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标签

Heart

textbook

health

Topic

评论

负面情绪诸如压力、愤怒、抑郁、悲伤会让影响心脏健康；玄学般的mind-body meditation, energy field, prayer用于治疗颇有成效；认为heart是little brain, 从心脏移植的例子认同cellular memory的存在, 相信spiritual的作用, 是integrative medicine的贴切范例。最后提到quantum theory, nonlocal mind, consciousness环绕我们（？）行吧。玄学spiritual, 特别玄学(distant) prayer, 你说有用就用吧反正我也没试过。不知道这个mind-body relation能不能给我的proposal一点灵感…

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书评

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