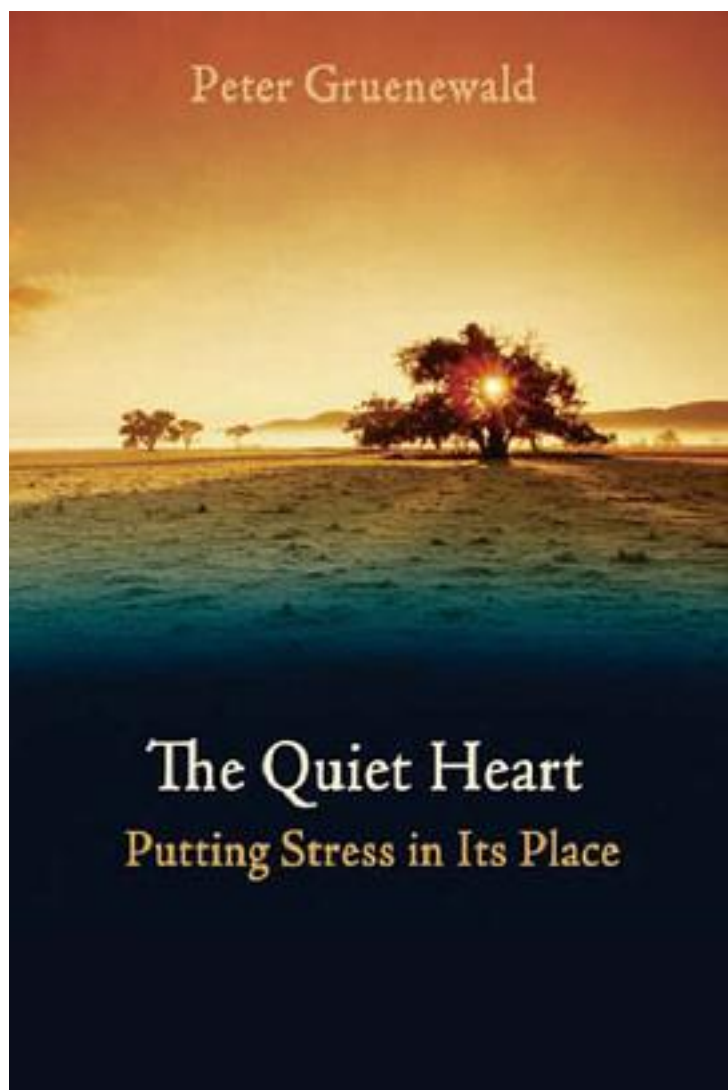


The Quiet Heart



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This book describes a highly effective approach to stress management and personal development, and has been updated since the first printing. Using heart-based exercises that help manage and transform extreme emotions, it is possible to deal with many forms of stress, anxiety and depression, without resorting to drugs or psychotherapy. The benefits of these unique, easily practised exercises can be felt within days. This updated printing contains new relaxation and self-motivation exercises, and a wider variety of case studies demonstrating real results. There is also a useful Question and Answer section which addresses common queries which have arisen since the publication of the first edition. This book is an essential read for anyone who wants to take their physical and emotional health into their own hands.

作者介绍:

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