



Healing the Heart: The Complete Mind-body Programme for Overcoming Heart Disease

By Deepak Chopra

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Healing the Heart: The Complete Mind-body Programme for Overcoming Heart Disease, Deepak Chopra, Despite advances in conventional treatment, heart disease remains the leading cause of death among adults in the West. Fast-paced lifestyles, high stress levels, poor diets and addiction to unhealthy activities such as smoking and drinking are contributing factors. In Healing the Heart, Dr Deepak Chopra shows how to reduce your risk of coronary disease by following an individually tailored regime, based on ancient Ayurvedic principles. There is advice on diet, exercise, meditation and self-awareness, designed to promote a healthy heart by opening the energising and healing pathways that unite mind, body and spirit.

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-- Miss Golda Okuneva

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