



Doc Childre's Heartmath Method: Five Steps to Total Calm, Confidence, and Creativity

Howard Martin

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9 cassettes; 1 CD; 1 workbook; learn to identify the energy assets and deficits in your system; make reliable choices moment to moment, each and every day; experience a deeper knowledge inside, an inner prompting associated with your heart; unravel the mystery of your emotions; develop powerful techniques to attain inner peace, even in the midst of chaos; raise anti-aging DHEA levels



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