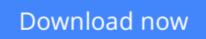


Transforming Anxiety: The HeartMath Solution for Overcoming Fear and Worry and Creating Serenity

Deborah Rozman, Doc Childre



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Feelings of anxiety can sap your energy, joy, and vitality. But now the scientists at the Institute of HeartMath® have adapted their revolutionary techniques into a fast and simple program that you can use to break free from anxiety once and for all.

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