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# Heal Your Heart: The Positive Emotions Prescription To Prevent And Reverse Heart Disease

THE POSITIVE EMOTIONS PRESCRIPTION  
TO PREVENT AND REVERSE HEART DISEASE

## HEAL YOUR HEART



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*with* CATHERINE KNEPPER



## Synopsis

Keep a healthy heart for life! Stress and other negative emotions contribute to at least 25 percent of all heart attacks, but now, cutting-edge research shows that positive emotions cause a chemical change in your body that directly improves your overall cardiovascular health. In *Heal Your Heart*, Dr. Michael Miller--a leader in the fields of preventive and behavioral cardiology--outlines his Positive Emotions Prescription, a 28-day program designed to undo past heart damage and reduce your risk of stroke, heart attack, and more. You'll discover how eating certain foods, listening to specific kinds of music, and even increasing the amount of time you spend laughing can promote heart health and overall positive well-being. Complete with success stories from Dr. Miller's patients, this go-to reference and prescriptive plan will help you lose weight, reduce your cholesterol and blood pressure, and keep your heart healthy for life.

## Book Information

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## Customer Reviews

A friend of ours read Dr. Miller's book "Heal Your Heart" recently and highly recommended the book to my husband who has a heart condition. When it arrived I leafed through it and it immediately caught my interest and I read it first. I highly recommend this book to anyone who has a heart

condition, or who wants to take measures to keep their heart healthy. The book is written in an informal way which I enjoyed very much. Dr. Miller touches on so many more aspects of health care other than the ones that are commonly known, i.e. exercise, diet, stress reduction, etc. He stresses the emotional aspects of having a healthy heart, the need for laughter, social interactions, positive thoughts among them. The book has numerous references to patients Dr. Miller has treated and the results of their modifying their lifestyles. He explores the benefit of alternative approaches to help achieve a more healthy heart such as acupuncture, yoga, touch therapy, and many more. I found this particular interesting since many in the medical profession are unaware or are dismissive of these alternate options. Dr Miller is not. At the end of the book are many tasty recipes and a 28 day diet to follow. All in all a most enjoyable, informative, and enlightening book.

There are few books that can compare to Heal Your Heart on any level! Dr Miller's book combines education on the impact of life's stress on your heart and how simple changes can impact wellness, all presented in a familiar and understandable way. With practical, useful and emotional prescriptions for healthy living, you will find yourself smiling as you read each chapter. I have been motivated by the success stories, tantalized by the delicious and nutritious recipes and well on my way to wellness. I am recommending this amazing book to many of my friends and colleagues.

Dr. Miller's book was an inspiring read verifying why I love cardiology, more so preventive cardiology. I loved all of his personal stories and appreciated the wholesome practical advice embedded in years worth of research and experience. There is a lot to learn and take away from this book. I would wholeheartedly recommend it to friends and family. I bought a copy for my parents as well:)

Terrific and unique view of caring for our hearts. Dr. Miller shares personal reflection with good advice, which makes this book both informative and enjoyable to read. This has been a valuable resource in providing a few helpful and simple behavior changes that I have made to improve my chances that I won't suffer heart disease or a catastrophic event while I am still (relatively) young, active, and enjoying life with my family. This is a "must read" for those of us who think we've already read everything (we haven't) about heart disease, and for those who are simply looking for good advice for heart health.

Dr. Miller has written a book filled with information for both patients and health care providers ! As a

specialist in Preventive Cardiovascular Medicine and Lipidology all I can say is Bravo! There is something here for everyone to apply either to themselves , loved ones , friends , co-workers or patients . His words are inspiring and provide incite into the impact of stress , emotion and the behavioral aspects that can either promote or prevent cardiovascular disease ! I can best sum up his thinking with the following quote from the book - "The lifesaving knowledge you need today is that our hearts require emotional health in order to maintain cardiovascular health ." He truly understands the mind - body connection . Please read this book !!!

This is a valuable book that taught me a lot about how the heart, mind, and the food we eat are linked together. I really enjoyed the book's approach, crystallizing the field of behavioral preventive cardiology for consumers, and translating the current state of science in a highly readable format that has sound scientific underpinnings. I learned why laughing is no joking matter, and was amazed to learn how the top 50 foods contribute to both heart and mood health. I really found the Positive Emotions Prescription quite helpful. I have modified my lifestyle much since my childhood, exercising regularly and eating more heart-friendly foods. What is special about this book is how much more relevant new information is provided in a well-presented book. Now I can have my coffee and chocolate and eat it too, knowing itâ™s for good mood and health!

I was a bit afraid this was going to be a "scientific type and dry book" but it's not! I ordered it to read what Dr Miller had to say about the positive effect of laughter on our heart condition. I was so pleasantly surprised to see everything that actually is in this book! From food, to activities to good habits... I am seriously very glad I now have it! I am hoping it will soon be translated in French!Great book indeed! A must for everyone who want to learn more, prevent heart disease and take care of themselves.

Filled with information that is important and interesting to keep our hearts healthy. Good writing. It is put into clear and concise language that can be understood by the layman and the plus part is that it contains recipes easy to follow.

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