

# The Heartmath Solution Book Free Download

**Robert R. Redfield**

**The HeartMath Experience - HeartMath** Experience 5 scientifically validated HeartMath techniques for activating your heart power and intelligence. Learn to move from depletion to renewal – from stress to ease – to become who you truly are. **HeartMath for Health Professionals** HeartMath combines real time HRV coherence feedback with evidence-based techniques to restore balance to the nervous system, regulate emotions, and build lasting resilience. Certification - HeartMath HeartMath certifications provide you with the skills and confidence to be a legal, licensed, independent certified professional in the HeartMath System, able to help others experience greater mental and emotional balance, composure, and intuitive flow. About Us - HeartMath Founded in 1991 by Doc Childre, HeartMath has developed a system of effective, scientifically based tools and technologies to bridge the intuitive connection between heart and mind and deepen our connection with the hearts of others. *Inner Balance Coherence Plus - HeartMath* HeartMath translates your heart rhythm patterns into a real time coherence score, which reflects how well your heart, brain, and nervous system are working together. *The Science of HeartMath* HeartMath technology is an innovative approach to improving emotional wellbeing. Learn to change your heart rhythm pattern to create physiological coherence; a scientifically measurable state characterized by increased order and harmony in our mind, emotions and body. *The HeartMath Experience (Now Free)* The HeartMath Experience interactive program is especially appropriate during these times for maintaining emotional balance, mental clarity and sustaining resilience. **HeartMath** HeartMath brings together 30 years of scientific research, proven techniques, and biofeedback technology into practical tools and training programs. The best place to start is with the HeartMath® sensor and app — designed to help you enhance coherence and live a ... *Technology Products - HeartMath Store* Explore HeartMath's innovative technology products designed to enhance well-being, manage stress, and improve emotional balance through heart rate variability (HRV) training. *Training - HeartMath* Begin with The HeartMath® Experience—a free, 90-minute online video program that explains the science of HeartMath and teaches you five techniques for reducing anxiety and stress and bringing heart and mind into coherence.

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