



The 15 Minute Heart Cure: The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day

By John M. Kennedy

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From a top cardiologist-simple stress-reduction techniques to prevent and reverse the four major kinds of heart disease

The 15 Minute Heart Cure shows how stress can harm our cardiovascular system and offers practical, easy ways to dispel stress naturally, without spending a lot of time or money. It explains the stress-heart disease connection for the four major types of heart disease-heart attack, arrhythmia, congestive heart failure, and cardiac valve disease-and equips you with the author's proven BREATHE technique to help you stop stress in its tracks.

- Teaches the BREATHE (beginning, relaxation, envision, apply, treatment, heal, end) technique to help you heal and protect your heart
- Gives you specific stress-reducing breathing and guided imagery exercises you can do anywhere, anytime
- First book by a leading cardiologist on the stress-heart disease connection-Dr. Kennedy is the former director of Cardiac Catheterization Laboratory and director of Inpatient Cardiology, Kaiser Permanente Medical Center, San Rafael, CA and the current medical director of Preventive Cardiology and Wellness, Marina Del Rey Hospital, Marina Del Rey, California, and member of the Board of the American Heart Association
- Includes real-life case examples from the author's extensive clinical experience.

Don't let stress hurt your heart. Unleash the healing benefits of *The 15 Minute Heart Cure* and discover the wonderful sense of focus and calm it will bring to your life.

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Editorial Review

From the Inside Flap

Relaxation exercises are great for reducing stress and getting you through those difficult days feeling more energized and less frazzled. What you may not know is that stress reduction is as important in maintaining and repairing the health of your heart as proper diet, smoking cessation, and lowering your cholesterol. In fact, the right kind of stress reduction can help you prevent and even cure heart disease.

In *The 15-Minute Heart Cure*, cardiologist John M. Kennedy shows you how stress triggers a fight-or-flight response that can harm your cardiovascular system in a variety of ways. Then he helps you safeguard your heart health with powerful, easy-to-learn techniques for dispelling stress naturally, without spending a lot of time or money.

Dr. Kennedy explains the stress/heart-disease connection for the four major types of heart disease and shows you how to stop stress in its tracks with his proven B-R-E-A-T-H-E (Begin, Relax, Envision, Apply, Treat, Heal, End) technique. Whether you have had a heart attack, have been diagnosed with a heart condition, or simply want to keep your heart in great shape, this unique, practical guide gives you the tools you need to make every day less stressful and mitigate the impact of each stressful situation on your heart.

You'll learn how to:

- Use guided imagery and breathing techniques to induce a relaxation response
- Train yourself to find calm even in the most stressful situations
- Apply variations of the B-R-E-A-T-H-E technique to specific cardiovascular conditions
- Prevent heart attack, congestive heart failure, arrhythmia, and valve disease
- Reduce and reverse the effects of an existing heart condition
- Avoid dangerous and costly heart surgery by maintaining your heart health every day

Complete with numerous real-life examples of stress-induced cardiovascular events and how these patients repaired their hearts through stress reduction, *The 15-Minute Heart Cure* is the book that could save your life.

From the Back Cover

Relax your way to a healthier heart

"As an invasive cardiologist, Dr. Kennedy is skilled at restoring flow to our hearts. In *The 15-Minute Heart Cure*, he shows how flow in our heart is like flow in our lives, and his simple relaxation tool helps us to achieve this goal. If you, a friend, or a loved one has heart disease, flow with it. This is an outstanding book with helpful, practical exercises. I highly recommend it."

—Dean Ornish, M.D.

"This is an incredible book with tools that are far reaching. Dr. Kennedy successfully distills proven data from sports psychology in order to create his B-R-E-A-T-H-E technique. In addition to healing hearts, the vital information in this book will inspire companies to innovate, students to excel in academics, and athletes to perform at their highest level." —Robert Kriegel, Ph.D., bestselling author of *If It Ain't Broke . . . Break It!*

"The 15-Minute Heart Cure is an outstanding review of a timely and important subject, stress and heart disease. Dr. Kennedy provides a much-needed stress-relieving tool that will help heal many hearts."—Ralph Brindis, M.D., M.P.H., F.A.C.C., F.S.C.A.I., President-elect, American College of Cardiology

In *The 15-Minute Heart Cure*, Dr. Kennedy explains how stress triggers a fight-or-flight response that can harm your cardiovascular system. He arms you with powerful guided vision and breathing techniques that help you stop stress in its tracks and keep your heart pumping as it should through every challenging situation. Dr. Kennedy also provides tools to protect your heart from common stressful triggers including difficult commutes and traffic, caring for a sick loved one, or preparing for elective surgery. This very practical guide helps you feel great, perform better under stress, and save your life, all at the same time.

About the Author

John M. Kennedy, M.D., is the medical director of preventive cardiology and wellness at Marina Del Rey Hospital. He is on the Board of Directors for the American Heart Association and speaks regularly on their behalf. He lectures regularly on the subject and has helped companies educate employees on how to manage stress in the workplace. Dr. Kennedy has appeared on the Discovery Channel, KNBC, and other national television and radio outlets. Visit his Web site at the15minuteheartcure.com.

Jason Jennings is a bestselling business and leadership author and one of the nation's most in-demand keynote speakers.

Users Review

From reader reviews:

James Gabriel:

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Nancy Martindale:

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