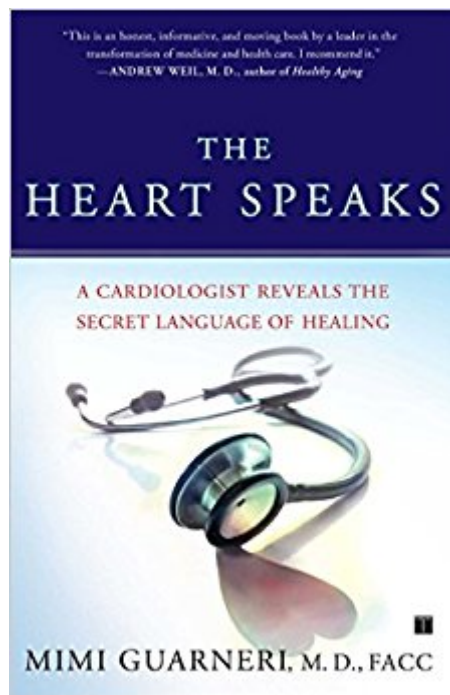




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The Heart Speaks: A Cardiologist Reveals The Secret Language Of Healing



Synopsis

Every day, 2,600 Americans die of cardiovascular disease—and despite remarkable interventional and surgical procedures, over 650,000 new heart attacks occur annually. In *The Heart Speaks*, Dr. Mimi Guarneri reveals groundbreaking new research that the heart is a multilayered, complex organ, possessing intelligence, memory, and decision-making abilities independent from the mind—and that healing the heart can have more to do with healing the mind and soul than we ever knew. From childhood in a family riddled with heart disease to a medical career facing the pounding heartbeats of cardiac emergencies, Dr. Guarneri draws us into the intimate moments of life and death, and leads us on a riveting exploration of the heart's many mysteries. Through her compelling memoir we see that it is only by knowing the whole heart—its mental, emotional, spiritual, and universal aspects—that we can truly heal.

Book Information

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Customer Reviews

A lyrical writer as well as a cardiologist, the author, founder and medical director of the Scripps Center for Integrative Medicine, describes how she learned that beyond the power of our most sophisticated medical equipment is a physician's humanity—"the listening ear, the healing touch, the devices of healers throughout time." Guarneri became highly accomplished at angioplasty and stent procedures, but came to realize that those she treated could also be helped by proper nutrition and stress reduction techniques such as yoga and visualization. She became committed to practices such as those of Dean Ornish, with whom she has worked, to reverse

coronary disease with diet, exercise, meditation and support groups. Guarneri studied the link between depression and heart disease, and opened her mind to the validity of other alternative treatments, including energy healing, visualization before and after surgery, and spiritual practices. What is particularly attractive about this chronicle is the author's graceful integration of her own story—the destructive effect on her of stress and overwork—into those of her patients. Guarneri deplores the financial constraints that prevent doctors from spending time with patients and that many physicians have developed "a mechanic's mentality," focused on fixing rather than getting to know their patients. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"This deeply personal book...can change your life and might even save it." -- Dean Ornish, M.D., author of Dr. Dean Ornish's Program for Reversing Heart Disease and Love & Survival "[A] groundbreaking and heartwarming book...blending the latest research with unforgettable true stories." -- Paul Pearsall, Ph.D., author of The Heart's Code "This is an honest, informative, and moving book by a leader in the transformation of medicine and health of medicine and health care. I recommend it." -- Andrew Weil, M.D., author of Healthy Aging "Like all genuine healers throughout history, Dr. Mimi Guarneri knows the power of story to heal, to make whole. She is a physician of the heart in all its many meanings." -- Larry Dossey, M.D., author of The Extraordinary Power of Ordinary Things

Dr. Guarneri, MD has written a very fine book. While there isn't a great deal of new material within the book, there is still enough new and insightful information to rank this book as a first choice read. Guarneri covers three aspects of the heart, the physical, the "language" and items going beyond the physical heart. The language of the heart outlines the non-physical factors that do affect heart health. To me, this isn't new information however the fact that an esteemed doctor as deemed these factors as extremely problematic for one's heart health certainly lends much credence to the factors. I must advise any readers that it is not my style to give a book report review but to simply advise if the book is worth the read or not and to give some simple information. With this in mind, I would recommend this title to anyone and everyone. She is a good author using examples that are tangible, she writes in an extremely readable fashion and she keeps the book interesting. She also gives new information that will change your outlook on your heart and encourage you to maintain its health through your healthy habits and surroundings. Buy it, borrow it, read it. It's worth it.

Absolutely one of the best books I have read. Very informative. I liked the fact that this author did not only covered the conventional treatments concerning heart disease but also addressed deeply the emotional causes of diseases and the traditional methods to prevent and heal. Will definitely buy her new book coming out soon.

Would have given the book five stars except for a bit of patronization on the part of the author. Aside from that criticism, I could not put it down (in relative terms; I'm actually a very slow reader, but I managed to finish this book in under a year!). Actually started this book to get me through a tough time--my father had just had an emergency triple bypass. It did help, even while bringing uncomfortable truths to the surface. Dr. Guarneri's warm narrative and personal anecdotes made the heart seem so accessible. I'm actually going to recommend this book to a few of my friends. If you like the Chicken Soup for the Soul books, you will definitely love this one.

Dr G has changed my life for the better. As we age, staying healthy is more challenging. If you follow her approach it will certainly enhance your life.

This book was referred by Dr. Wayne Dyer in his weekly Radio Show Mondays/1pm/PST and I read it on Lake Powell, UT last week on a houseboat in between wake boarding, and fun in the sun. LOVED this book, because finally someone has the courage to speak up about the medical/healthcare (western medicine) profession. Mimi is not only a talented cardiologist, she is an excellent writer, and keeps you engaged with stories of her patients, and their success and failures in life as it relates to the heart. She does not "sugar coat" the stories... They are RAW and REAL, which left an impact on my 40 years young body, and what I want the rest of my life, health wise to look/feel like... KEY TAKEAWAY: The human body (heart) is resilient, and if you treat it well, it will treat you well... LOVED this book!

An interesting story of a doctor's journey through western medicine and spiritual care

Helped a lot...interesting having gone through bypass surgerynice to read something different about how things around surgery and recovery are normally perceived.

Dr. Mimi Guarneri showed me that we can fight the hopelessness that can overwhelm us with a terrible health diagnosis. Somehow, she found her inner strength to challenge all the odds and she

chose to face the 'set backs' head on, with strong faith and unwavering determination. I am so glad that this was a book that my book club chose for reading and discussion.

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