

"This is an honest, informative, and moving book by a leader in the transformation of medicine and health care. I recommend it."

—ANDREW WEIL, M. D., *author of Healthy Aging*

THE HEART SPEAKS

A CARDIOLOGIST REVEALS THE
SECRET LANGUAGE OF HEALING



MIMI GUARNERI, M. D., FACC

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The Heart Speaks: A Cardiologist Reveals the Secret Language of Healing



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



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A Marvelous and Informative Book The Center Speaks is a beautiful book compiled by a cardiologist who really has a heart. To me, this is not new information however the fact that an esteemed doctor as considered these factors as extremely difficult for one's heart health certainly lends very much credence to the factors. coronaries personal circumstance that with her to this point in her journey as a health care practitioner. Her medical college training needed all emotion to become suppressed. I enjoyed the fact that this writer didn't only covered the conventional treatments concerning cardiovascular disease but also tackled deeply the emotional causes of diseases and the traditional solutions to prevent and heal. Mimi learned to listen to her patients to discover the right diagnosis, finding this frequently more accurate than exams or her medical training. No one lectured about the spiritual center that yearns for a higher purpose, the universal heart that communicates with others, or the original center that beats in the unborn fetus before the brain is formed. Dr. She says in the launch:"No one spoke of the various other layers of the center that didn't come in a stress test or electrocardiogram: the mental heart affected by hostility, stress and major depression, the emotional heart that could be crushed by reduction, the intelligent heart that has a nervous program of its and communicates with the mind and other parts of the body. Because of this the most puzzling or tough individuals responded and had been helped by her. She presents research to back up her use of an integrative method of her patients. Perhaps it will even help transform medical care system. She is a deep and wise physician. There is much to learn out of this book. It'll be helpful to sufferers, doctors, nurses and the entire medical community. Just go ahead and read it if you're having heart disease that can't harm. She develops a built-in individual treatment for healing including for example, acupuncture, yoga, good nourishment, and prayer and suggests these to her individuals. A life changing, very readable book. A life changing reserve. If you or your family member has heart issues, this can help you deal with them. Dr. Guarneri was founder and director of the Scripps Clinic Integrative Wellness Center where we are sufferers. My review doesn't do justice to this marvelous book. The book very well organized, well crafted and edited, readable, and gripping. Will certainly buy her new book coming out quickly. I learned a lot from this reserve! It is compiled by Dr. Mimi Guarneri who is a cardiologist that transformed her practice tomorrow holistic medicine measures. The best thing about this publication is it discusses her existence and how she experienced cardiology which started with her mom being extremely ill when she was a kid. Buy it, borrow it, read it. This lays down the building blocks for the book into where she actually gets into how you can truly have a healthy heart and how exactly to live with disease. I really like how the writer shared her own private journey in healing along with the anecdotes about patients. It's the many Integrative, commonsense book that I've ever read. The Heart Speaks A Cardiologist speaks of the importance of hearing your patients along with the importance of the whole patient. Mimi weaves her existence experiences and stories of her patients throughout the book - including the childhood tragedy of shedding her mother to a heart attack. Perhaps this will open and heal many hearts. Great read. The author did a great job showing how she went from being a person who thought there was only one way to treat heart disease (pretty much treating symptoms) to realizing various other external factors that greatly impact health. This is a great examine for those in the profession and also anyone else who's thinking about optimizing personal health. Five Stars I am a Cardiology RN; Fantastic!." Dr. Guarneri, MD has written an extremely fine book. I must advise any readers that it is not my design to provide a book statement review but to just advise if the book is worth the go through or not and to give some simple info. Guarneri covers three areas of the heart, the

physical, the "vocabulary" and items heading beyond the physical heart. The language of the heart outlines the nonphysical factors that do affect center health. Dr. While there isn't a lot of new materials within the reserve, there continues to be enough fresh and insightful information to rank this book as an initial choice examine. With this thought, I would suggest this name to anyone and everyone. She is an excellent author using good examples that are tangible, she writes in an extremely readable style and she will keep the book interesting. Absolutely one of the best books I have read. She continues on to talk about her initial years as an intern and the countless procedure she performed. It's worthwhile. Never, Never, Never Give Up Hope! Dr. Mimi Guarneri demonstrated me that people can battle the hopelessness that can over-whelm us with a horrible health diagnosis. Somehow, she found her internal strength to problem all of the odds and she thought we would encounter the 'set backs' at once, with solid faith and unwavering determination. I am so pleased that was a book that my book club decide for reading and dialogue. I loved reading this book from cover to cover. She is such an entertaining writer! Don't become fooled though there's a lot of function involved if you would like to change your lady doing the things that she recommends. I've an improved perspective now I loved reading this book from cover to cover Dr. Well deserved five star. She also provides new information which will transformation your outlook on your own heart and encourage you to keep up its wellness through your healthy practices and surroundings. Very useful. She learned to do this and for a long time operated on heart individuals but didn't really know them. While specifically addressing heart issues, the wisdom in this publication will help any reader to successfully deal with any serious health issues.. Great information regarding the heart and the energy of the individual and Doctor relationship. The author not only has excellent professional skills but a heart for her job and much compassion for her patients and she teaches us the importance of the heart. The Heart will speak volumes. Truly, and I believe, that curing lies not only in the realm of the physical but more so in the spiritual. My Heartful Thanks All my center of thanks to dr mimi guarneri. this should become a must-read for just about any "Heart" person! Thanks too to dr maurice choo, my good center doctor, for mentioning this publication if you ask me. This doctor grew beyond her medical teaching to really be able to serve her customers. Mimi speaks from her center! I loved this book I loved this book. It was a straightforward and inspiring read.! Well written accurate integrative approach to heart health This is an excellent book. I recommend this publication to everyone thinking about better health. The thing I like most about it is Dr.



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