

**THE POSITIVE EMOTIONS PRESCRIPTION
TO PREVENT AND REVERSE HEART DISEASE**

HEAL YOUR HEART



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with CATHERINE KNEPPER

Michael Miller

Heal Your Heart: The Positive Emotions Prescription to Prevent and Reverse Heart Disease



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Keep a wholesome heart forever! In *Heal Your Cardiovascular, Stress and other negative emotions* contribute to at least twenty five percent of all heart attacks, but today, cutting-edge research implies that positive emotions cause a chemical change in your body that directly improves your overall cardiovascular health. Complete with success tales from Dr. Michael Miller--a head in the fields of preventive and behavioral cardiology--outlines his *Positive Feelings Prescription*, a 28-time program made to undo past center damage and reduce your risk of stroke, heart strike, and more. You'll learn how eating specific foods, hearing specific forms of music, and even increasing the quantity of time you spend laughing can promote center health insurance and overall positive well-getting. Dr. Miller's patients, this go-to reference and prescriptive plan can help you lose excess weight, lessen your cholesterol and blood pressure, and keep your heart healthy for life.



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Amazing read Amazing read even designed for a medical professional. Miller covers the waterfront with regards to healthful behaviors. One for myself and others for close friends with heart disease. Five Stars Excellent book. I'd wholeheartedly recommend it to friends and family. I love the reserve and the quality recipes which are fortunately dairy free of charge and gluten free. This book has put me on your path to controlling these stresses and (ideally) preventing their deleterious results in my present and upcoming. Miller's study on laughter but didn't realize that there is certainly a whole lot more to the story. Even though there exists a fair amount of science, the reserve is quite readable and clear to see. Stress and Preventive Cardiology I've always had a reasonable amount of understanding regarding diet and exercise when it comes to preventive cardiology. When I get off track, I get back to this book. Shines light into the basic ways we are able to make a difference in our patients lives and in ours as well. Miller's system that combines mindful nutrition and activities to draw out positive emotions. I came across this book to be very engaging and filled with many unexpected nuggets of wisdom that I hadn't believed about before. I came across the positive emotion quotient test to be a clever way to tie everything collectively and thoroughly enjoyed this book, cover-to-cover! Uplifting Book with Novel Approach to Prevention This was an extremely uplifting book and essential READ for anyone interested in heart disease. I must say I was not really sure what things to expect because there are other books with a similar title and truthfully, "Heal Your Heart" sounds a bit contrived. But I have a family history of heart disease and after a friend's strong recommendation, was hooked after reading the introduction. Dr. Miller and his co-author Catherine Knepper talk with us in friendly, funny and a straightforward to understand manner. After being informed that my life would follow a similar path as my father and uncles, all of whom died before age 60 from a coronary attack or stroke, I was relieved and encouraged to learn that simple changes can have a lasting impact on the health of our heart. I've followed their 28-time plan now and have lowered the best number of my blood circulation pressure from 144 to 136! But I also feel so far better about things generally and more confident in being able to cope with daily stress. Thank you Dr. Miller and Ms. Scanning this publication has opened my eye when it comes to coping with the stresses in my life and understanding it's unwanted effects. Brilliant book that's educational and fun to learn I loved this book because it includes foods and activities that have been scientifically shown to promote a wholesome heart and feeling of well being. Among the things that I came across to be most interesting was much less of a reliance on medication and more of a natural method of healing. Until I heard Dr. Miller doesn't restrict medications when they are required, he spends the majority of the book discussing simple points that help our hearts and enrich our overall health. The publication gives solid actionable information and the 10 quality recipes that we've tried up to now are healthy, tasty, colorfully appealing rather than heavily caloric. Exceptional Contribution So far I have purchased 3 copies of Dr. Miller and Ms. Miller and Ms. Open Minded Approach for a wholesome Heart I really enjoyed this book because it combines the very best traditional and integrative techniques that medicine has to offer. Miller's top food choices are interesting and unexpected (artichokes) however they are all backed up by science. I highly recommend this reserve to anyone interested in optimal heart health. I can't remember the last time my doctors asked me about stressors in my life, probably because they are too stressed themselves! This is the essence of "Heal your Center" and Dr. Knepper for a brilliant contribution. Knepper make it clear through their fun to read storytelling approach that learning to express positive emotions is really the essential to a wholesome heart. The tasty dishes are a bonus! practical ways to improve their health. We am

in my late twenties therefore i am interested in cooking heart healthy for my children, and learning how to foster positive emotions to boost my heart health insurance and help prevent long term heart disease. Page after page provided me an action intend to improve my heart and emotional health. they are searching for more natural & Helpful for all ages! Was sharing some info from the reserve with my mother at supper, she was so interested that she made a decision to borrow my hard duplicate, therefore i bought the kindle version so I might have it available. I always bring up my recipes on my iPad when cooking so it will be great to have the book's delicious recipes available electronically. Have already tried a couple and they were great!Also liked that the book's information was supported simply by scientific literature. Kudos to Dr. Miller's book. I loved most of his personal stories and valued the wholesome practical tips embedded in years well worth of research and knowledge. I bought a duplicate for my parents aswell:) Amazing contribution from a very well respected physician and researcher Heart disease works in my family and am always searching for the latest information that could help me personally and my brothers reduce our risk of a coronary attack that killed my dad, uncle and grandfather. Congratulations. It really is an exceptional contribution. Hands-down, it is one of the best books I've run into in cardiovascular disease prevention. When it comes to laughter, I've got that nailed down for my very existence. For the 1st thirtysome years of my life, stress didn't seem to influence my existence like it has over the last eight or so years. Knepper, your reserve has made a significant difference in my lifestyle and have been providing them with out as presents to my customers! I was already familiar with Dr. A Very Unique Approach to Heart Disease Prevention This is a well crafted book that offers a unique approach to preventing and treating heart disease. There exists a lot to understand and take away out of this book.Miller's publication was an inspiring browse verifying why I love cardiology, way more preventive cardiology Dr. Insightful and proof based. There are numerous inspiring stories of patients who have followed Dr. Given as a gift but will definitely buy one for a friend! Good advice lots of good advice and information. This is actually the book if you want to live a wholesome life and reduce your risk of heart disease In case you are only going to buy ONE reserve to really assist you to live the healthiest existence possible (and I would even express "healthiest" beyond just preventing cardiovascular disease), this is actually the one. Dr. Miller's reserve was an inspiring examine verifying why I love cardiology, more so preventive cardiology. In the event that you never thought about how important laughter is certainly or what music can do for your wellbeing, this book will provide you with insight. There exists a list of 50 of the healthiest foods and tips for how to include them in your diet. Evidence based recommendations which are useful and doable by among the world's authorities on this subject. This would be a great vacation present for the people that you value (just get one for yourself, too). The publication is written in an easy to read way that is unforgettable and fun. Miller on the radio, I had no proven fact that living a existence of stress is harmful to our blood vessels and may lead to a heart attack or stroke. The very best part of this publication is that it is well referenced and written by someone who has actually done the research! Miller was been trained in Western medication, his research focuses on the significance of our emotions in causing and preventing heart disease. Finally, a Heart Book that targets Emotional Health With several family having heart problems at young ages, I am eager to understand how my children and I can be protected. Even though Dr. Well referenced and written by a specialist in the field Extremely readable, interesting with lots of new details. He talks about the best 50 foods to lessen stress and actions that improve feeling and the health of our blood vessels. The best chapter "my work is killing me" really resonated

with me and I anticipate starting his 28 time plan. This reserve is a winner and I am recommending to my family and friends. Top Food Options helped me lose excess weight and improve my mood Finally a book about cardiovascular disease that is predicated on solid scientific evidence! But I want my parents who already have issues w/ stress, blood pressure and cholesterol to read this book aswell; Some of Dr. Despite the fact that Dr. The 28-time plan is simple to use and I am working hard to get off my blood pressure and cholesterol meds. Up to now, so good with 8 pounds down after 3 weeks and Personally i think great!



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