



# Healing the Heart: A Spiritual Approach to Reversing Coronary Artery Disease (Perfect Health Library)

*Deepak Chopra M.D.*

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## **Healing the Heart: A Spiritual Approach to Reversing Coronary Artery Disease (Perfect Health Library)** Deepak Chopra M.D.

One of the world's best-selling authors and the pioneering teacher of the benefits of mind body medicine focuses on America's number one health problem: coronary artery disease.

Millions of Americans suffer from coronary artery disease or have a loved one who does. Despite advances in conventional treatment, it remains the leading cause of death among American adults. Fast-paced life-styles, high stress levels, poor diets, and addictions to unhealthy activities such as smoking and excessive drinking contribute to the prevalence of this disease.

In *Healing the Heart*, Deepak Chopra, M.D., shows readers how to reduce their risk factors for coronary artery disease by following an individually tailored regimen, based on the principles of Ayurveda, a 5,000-year-old medical system. Specific suggestions enliven health through diet, exercise, meditation, and self-awareness. This safe and effective program promotes a healthy heart by opening the energizing and healing pathways that unite mind, body, and spirit.

Deepak Chopra, M.D., has written twenty books, which have been translated into thirty-five languages. He is also the author of more than thirty audio and videotape series, including five critically acclaimed programs on public television. Dr. Chopra currently serves as the director for educational programs at The Chopra Center for Well Being in La Jolla, California.

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