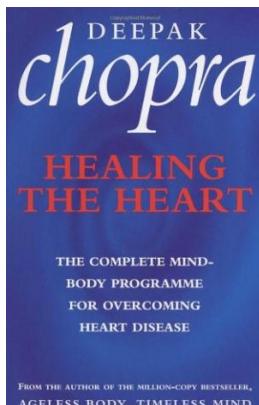


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## HEALING THE HEART: THE COMPLETE MIND-BODY PROGRAMME FOR OVERCOMING HEART DISEASE



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Healing the Heart: The Complete Mind-body Programme for Overcoming Heart Disease, Deepak Chopra, Despite advances in conventional treatment, heart disease remains the leading cause of death among adults in the West. Fast-paced lifestyles, high stress levels, poor diets and addiction to unhealthy activities such as smoking and drinking are contributing factors. In Healing the Heart, Dr Deepak Chopra shows how to reduce your risk of coronary disease by following an individually tailored...

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