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Science shows that the heart is an intelligence system, the topic of a new book,  
***Heart Intelligence: Connecting with the Intuitive Guidance of the Heart***

**March 17, 2016 – BOULDER CREEK, CALIFORNIA** –Recent discoveries show that the heart possesses its own intrinsic nervous system, referred to as the “heart brain.” This intelligence system has the ability to independently sense and process information. The HeartMath Institute demonstrated that one’s intuitive capabilities are closely tied to the heart-brain and the heart’s rhythms. In the new book, ***Heart Intelligence: Connecting with the Intuitive Guidance of the Heart***, these new discoveries about the heart’s intelligence are clearly laid out. The book explains how a specific rhythmic pattern of the heart, referred to as “heart coherence”, can be intentionally created, thereby increasing one’s intuitive discernment and improving decision-making skills.

The book has four authors: Doc Childre, founder of HeartMath, and HeartMath executives Deborah Rozman, Howard Martin, and Rollin McCraty. Their vision is to help create a heart-connected world through a deeper understanding of the intuitive intelligence within our heart. This combined with a growing global awareness that our *heart’s intelligence* is essential if we are to co-create a better world and future, sets the stage for the new release, [\*\*\*Heart Intelligence\*\*\*](#).

Updated scientific findings are presented in the first six chapters, and the last five chapters provide practical tools that readers can use to activate the intuitive connection between the heart and mind. Many know the struggle of quieting the mind to find that elusive stillness, hoping to connect with their intuition. ***Heart Intelligence*** de-mystifies this practice and grounds it in a user-friendly understanding, and provides methods for easier access to inner stillness.

The benefits the book provides also include: how to connect with the intuitive heart for moment-to-moment guidance in simple or hard to make choices; techniques for easing the challenge of replacing patterns that drain one’s life force such as fear, stress and overwhelm; and practices that help the reader to exercise a deep compassion without the emotional fatigue. The authors explain how changing the heart’s rhythm to the *coherence* state helps sustain resilience and emotional balance.

The intuitive heart, as the authors refer to it, creates access to more effective choices personally and collectively. Deborah Rozman, Ph.D., co-author of ***Heart Intelligence*** and President of HeartMath Inc., sums it up nicely: *“Our choices are constantly determining our peace, happiness and self-security -- or the stress and decline of our well-being. Learning to utilize our heart’s intuitive intelligence is a natural gift we can refer to, no matter what religion, personal growth, or spiritual path we may practice.”*

#### **About HeartMath:**

HeartMath Inc ([www.heartmath.com](http://www.heartmath.com)) offers a system of research-based training programs, products and technologies to organizations, health professionals, and individuals around the world. HeartMath has taken root in over 100 countries and benefitted millions of people in pursuit of personal growth or better health with its science-based methodologies that focus on the heart’s intelligence. Their programs have been delivered with exceptional, documented outcomes in a wide variety of organizations, including Fortune 100 companies, healthcare systems, schools, government agencies, millions of people. Their clients’ include Duke Medicine, Stanford Business School, Stanford Hospital, Blue Cross Blue Shield, Sutter Health, Scripps Center for Integrative Medicine, Kaiser Permanente, NASA, Intel, and the Department of Veteran Affairs.

*HeartMath Institute is a 501(c)(3) nonprofit research organization ([www.heartmath.org](http://www.heartmath.org)) and has been conducting scientific research for twenty five years. From this research they develop reliable, scientifically based tools that bridge the connection between heart and mind and empowers people to greatly reduce stress, increase resilience and unlock their natural intuitive guidance for making better choices. Their work has been published in peer reviewed journals such as the American Journal of Cardiology, Stress Medicine, Global Advances in Health and Medicine, Alternative Therapies in Health and Medicine and Preventive Cardiology. Their research has been cited over five thousand times – a testament to the quality and originality of their research.*