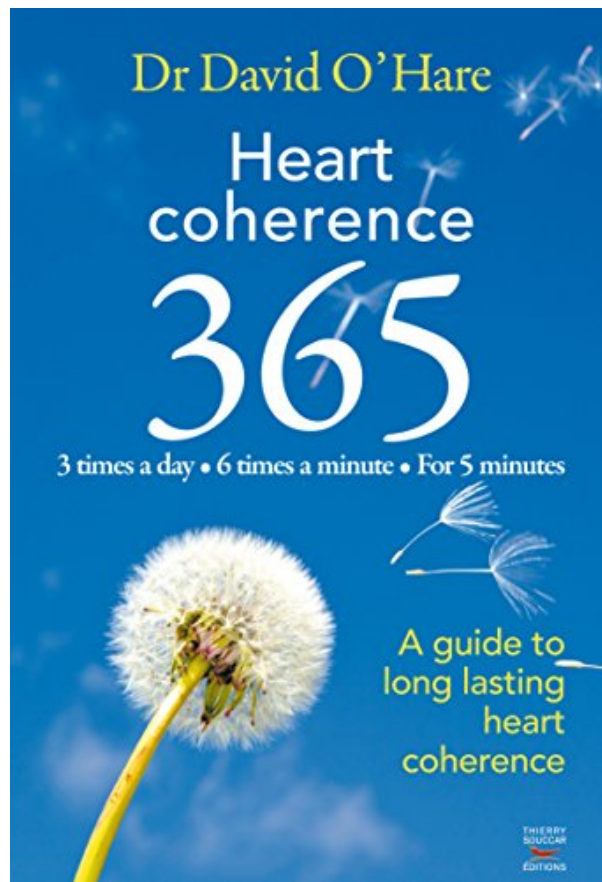
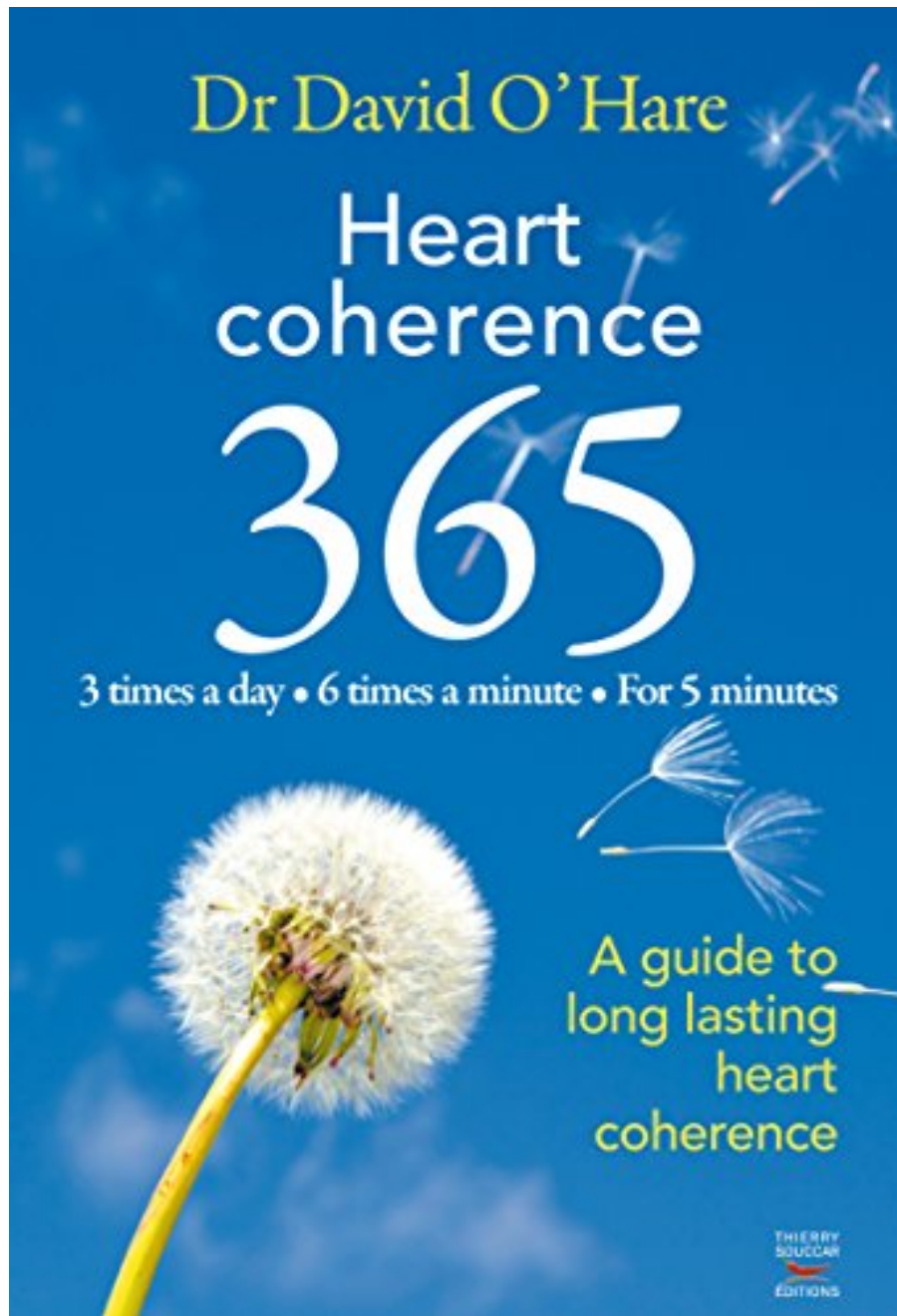


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Heart coherence 365, the ultimate anti-stress weapon (the code to a healthy life)

Heart coherence is a therapeutic practice recognized by the scientific world and recommended by doctors. This practice, free as the air and just as inspiring, is based on rhythmic breathing.

This book tells you how to incorporate it into your daily routine so that you can reap its numerous benefits.

365 is

3 times a day, 6 breaths a minute for 5 minutes

The benefits of heart coherence include:

- Management of stress and anxiety and their consequences
- Better sleep
- Reduction in cravings, loss of emotional pounds
- Distancing from negative emotions
- Reduction in cardiovascular risk
- Improvement in concentration and learning
- Improved decision-making

365 is everything that you need to know to make heart coherence a daily health partner!

## **ABOUT THE AUTHOR**

Dr David O'Hare founded l'Institut Emnergie in Montreal with the teaching of Cardiac Coherence to health care professionals as one of its core mandates. In 2012, Dr. O'Hare joined the Montreal Centre for Integrative Medicine to further share his passion of teaching Cardiac Coherence to patients and professionals.

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