Results That Count

Are you ready to:

► feel better more often
► boost your performance
► find more work/life balance
► expand your flexibility and resilience
► enhance your decision making and creativity
► refine your communication skills
► strengthen your personal and professional relationships
► reverse the negative impact stress is having on your health, work and quality of life

HeartMath is the only scientifically-validated system of stress intervention techniques and objective biometric feedback that quantifiably—and dramatically—boosts the health and performance of individuals and organizations.

Nearly 1,400 people at six global companies showed the following results were sustained after six months after taking HeartMath training:

► 60% reduction in anxiety
► 45% reduction in exhaustion
► 41% reduction in intent to leave the job
► 24% improvement in the ability to focus
► 25% improvement in listening ability
► 17% improvement in home/work conflict

> " *HeartMath is the owner's manual we've been waiting for to help us recognize and use our heart's energy to help heal our bodies and our lives.* "
>
> —Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom*

Learn HeartMath's easy-to-learn, easy-to-use tools and technology with a Licensed HeartMath® Provider.

You'll receive personalized instruction and become skilled in basic HeartMath techniques including Freeze-Frame®, Heart Lock-In®, and Heart Mapping®. You'll receive your own personal HeartMath workbook to help you focus on the effective integration and application of HeartMath's techniques to the area of your life where you want the most benefit. You'll learn how to measure your progress and physiological changes with the Freeze-Framer™ software technology.

Contact your Licensed HeartMath Provider for more information.

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A Change of Heart Changes Everything