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## Emotional Cardiac Coherence

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Transform the information that goes from your heart to your brain in order to be less distracted, more at peace, and more efficient.

All information that influences our brain comes from our heart. So, by teaching it to send signals of well-being to our brain through a precise breathing rhythm, we can put negative emotions at bay and be more at peace. With this practical book illustrated by numerous diagrams and offering a variety of exercises, learn how to transform the information that goes from your heart to your brain and be emotionally efficient!

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