

The world leader in scientifically validated Stress Management Solutions



HeartMath Learning Tools **Training, Coaching, Accreditation and Stress Relief Technology**



Catalog 2011
www.heartmath.com.au

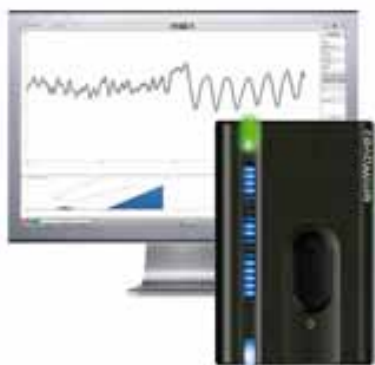
●●● emWave® Desktop for PC and Mac



emWave Desktop is a scientifically validated hardware/software system that teaches techniques to help you create an optimal state in which the heart, mind and emotions are operating in-sync and balanced.

emWave Desktop helps you achieve coherence and alignment through simple-to-learn exercises and feedback. Using a pulse sensor plugged into your USB port, emWave Desktop collects pulse data and translates coherence information into user-friendly graphics displayed on your computer screen. Through coherence techniques, interactive exercises and game play, emWave Desktop helps you bring your heart and mind into a coherent state, building resilience, increasing energy, and promoting focus, mental clarity and emotional balance.

●●● emWave® 2



emWave technology is an innovative approach to improving wellness and facilitating personal growth based on learning to change your heart rhythm pattern to create coherence; a scientifically measurable state characterized by increased order and harmony in our psychological and physiological processes.

emWave technology collects pulse data through a pulse sensor and translates the information from your heart rhythms into graphics on your computer or into easy to follow lights on the portable emWave Personal Stress Reliever. Used just a few minutes a day, this simple-to-use technology helps you transform feelings of anger, anxiety or frustration into more peace, ease and clarity.

●●● Dual Drive™ Pro for emWave® Desktop (PC Version)



Dual Drive's nine racing games and multiple challenge levels let you build up to the difficult races as you learn to self-regulate your emotions and play with more ease and flow.

The highly interactive game gives you instant feedback. For example, if you lose your cool and focus on the racetrack, your visibility decreases and your gas tank starts to empty. Once you regain your poise, the fog clears, your gas tank begins to fill and you are back racing at 100%.

To get the most fun out of Dual Drive, you'll want to learn basic emotion self-regulation skills and have mastered the games on the emWave Desktop.

●●● emWave® Desktop Health Professional Package



The emWave® Desktop Health Professional Package gives you an introduction and basic instruction on how to use the emWave Desktop Stress Relief System with your clients, including:

- The emWave Desktop with Patented Heart Rhythm Monitor (USB)
- Client Education Brochures (soft copy)
- A Practitioners Guide, Applications of the emWave Stress Relief System

Weight Loss Program

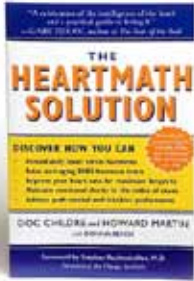
●●● emWave®2 Program for Stopping Emotional Eating



This solution is not a typical weight loss program. This may be the only weight management program that doesn't focus on what you eat, but rather on what you feel. This is about understanding and eliminating emotional eating. The emWave Program for Stopping Emotional Eating will show how to manage emotional reactions and clear emotional undercurrents until a new baseline behavior – a neural habit change is achieved.

This program offers instruction on how to create a neural habit change to facilitate weight loss and a better relationship with food and eating. You won't see any food lists or exercise regimens in this program. While these are important aspects in reducing weight and improving health, this program focuses on what researchers at the Institute of HeartMath have found to be the first and most important aspect of weight management: regulating your emotions.

●●● The HeartMath Solution

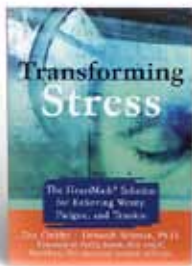


by Doc Childre and Howard Martin

The definitive book about HeartMath for personal development and well-being. Contains leading-edge science, practical information and easy-to-use techniques to increase the intuitive, creative, heart-centered aspects of your personality and bring more heart intelligence into your life. Cutting-edge science is combined with the warmth and humor of anecdotal stories and examples to make this book a joy to read and a clear roadmap to actualize your full potential.

●●● Transforming Stress

The HeartMath Solution For Relieving Worry, Fatigue, And Tension

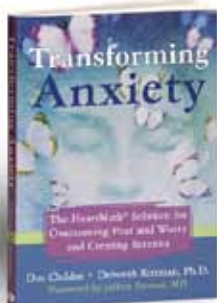


by Doc Childre and Deborah Rozman, Ph.D

At the core of the HeartMath method of emotional regulation is the idea that, by focusing on positive feelings such as appreciation, care, or compassion, anyone can create dramatic changes in his or her heart rhythms. These changes precipitate a series of neural, hormonal, and biochemical events that dissipate stress and anger and lead to greater well-being. The benefits from using this system are remarkable and far-reaching: blood pressure drops, stress hormone levels fall, immune system activity increases, and anti-aging hormone levels rise.

●●● Transforming Anxiety

The HeartMath Solution for Overcoming Fear and Worry and Creating Serenity



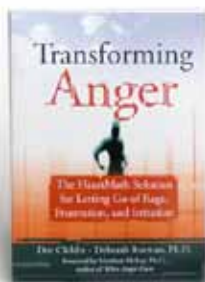
by Doc Childre and Deborah Rozman, Ph.D.

Anxiety has become rampant in today's fast-paced society. Why this is occurring and what individuals can do to overcome fear and worry and create more serenity, especially during uncertain times, is the important subject matter of this book.

Most people have some anxiety about themselves, their family, and their future. Anxiety about the world's problems--climate changes, terrorism, diseases--is also on the rise. But increasingly, people experience unremitting anxiety that can turn into an anxiety disorder. Why this is occurring and what individuals can do to overcome fear and worry and create more serenity, especially during uncertain times, is the important subject matter of this book.

●●● Transforming Anger

The HeartMath Solution for Letting Go of Rage, Frustration and Irritation.



by Doc Childre and Deborah Rozman, Ph.D.

If you are dealing with anger you can't quite seem to manage, this book can give you hope, as well as practical tools to successfully handle this emotion. You'll learn that the heart provides a unique access point from which anyone can regulate many of their reaction patterns. The heart is so powerful - generating sixty times the electrical amplitude of the brain - that it can draw your brain, nervous system, and emotions into its coherent rhythms and unlock more of your own innate intelligence.

●●● Transforming Depression

The HeartMath Solution to Feeling Overwhelmed, Sad, and Stressed

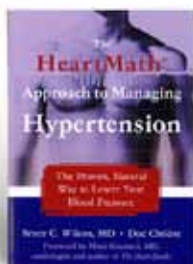


by Doc Childre and Deborah Rozman, Ph.D.

Could your life be any crazier and more overwhelming? You're bombarded all day, every day by deadlines, demands, and news, much of it bad, from across the street and around the world. After awhile, this constant sense of being overwhelmed, fatigued, and stretched to the limit can leave you feeling hopeless and uninterested in things that you used to enjoy. In other words, you have become depressed. By using the HeartMath techniques in this book, you'll learn how to tap into new resources of energy and creativity and find new ways to connect with the people in your life. In no time, your feelings of depression will lessen and dramatic changes will take place in your mind and body that will result in better health and greater peace of mind.

●●● The HeartMath Approach to Managing Hypertension

The Proven, Natural Way to Lower Your Blood Pressure



by Bruce C. Wilson, MD and Doc Childre

High blood pressure is a national epidemic. It's a condition that affects one in four Americans, most of whom have no idea they are at higher risk for heart disease, stroke, and other life threatening problems. Conventional treatments for hypertension involve drugs, and these can have considerable side effects and may not ultimately succeed in getting those numbers down. Fortunately, the Institute of HeartMath has researched techniques for managing stress and hypertension for more than fifteen years. Now, at last, these highly effective strategies for regulating blood pressure safely and effectively are available to you.

●●● Science of the Heart



The science behind the HeartMath System!

This detailed book takes you behind the intricate and compelling science of the HeartMath system. It is a compilation of ten years of innovative research at the Institute of HeartMath. You'll develop a new understanding of the scientific discoveries that have shaped the development of the tools and techniques that comprise the HeartMath system. Charts, diagrams and full explanations are presented in a form that is both easy for the layman and complete for the science professional and researcher alike. Includes abstracts and summaries of clinical and organizational research.

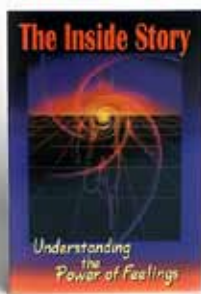
●●● emWave® Meditation, Prayer & Self-Help Assistant



This book provides a comprehensive understanding of how to use the emWave to enhance your spiritual/self-help practices. Using the emWave and the Meditation, Prayer and Self-Help Assistant can be a facilitator to any system of meditation, prayer, self-help or healing techniques. In this program, all systems and techniques are honored and respected. Whatever practices you follow, using the emWave creates more ease and flow from the heart, which helps you get the most out of your meditations or affirmations and feel the benefits you are seeking more quickly. This will help you develop a deeper heart connection, refine your practices and get more value out of the time and energy you put into them.

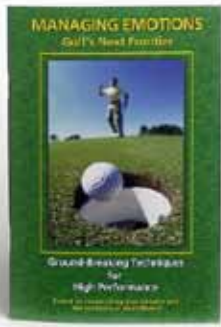
●●● The Inside Story

Understanding the Power of Feelings



The Inside Story is full of vital information tied to the healthy behavior and physiological and psychological well-being of high school and college students. Drawing on the latest research in neuroscience and emotional physiology, this engaging and visually pleasing text helps students understand the interplay between their bodies, emotions, attitudes, and performance.

●●● Managing Emotions: Golf's Next Frontier



Based on research by Doc Childre and the Institute of HeartMath

If you are a passionate golfer, you can appreciate the pleasurable emotional state associated with playing at the peak of your game. You also understand how emotional blowups or meltdowns can quickly override and undo the results of countless hours of practice. A new, illustrated, 60-page book explains how you can achieve and maintain optimal emotional states for extended periods of time—even in the heat of intense competition. You'll learn HeartMath's Quick Coherence? technique for emotional balance and high performance in golf. It's easily integrated into practice routines, just like chipping, putting, ball striking, etc., and will help you maintain your energy, avoid errors due to emotional judgments and inner turbulence, shoot lower scores, and stay at peak longer.



●●● A collection of 11 ebooklets



- Applied Appreciation
- Easing Fatigue
- Eliminating Anger
- Eliminating Anxiety
- Improving Relationships
- Securing our Children's Future
- Solving Sleeplessness
- Successful Decision-Making
- The Power of Emotion
- Transforming Stress
- Understanding Care

Our ebooklets are delivered electronically in a pdf file format so that you can get the information you need quickly and inexpensively. Find more information about these ebooklets on our website.

●●● Quiet Joy



A selection from Doc Childre's award winning releases Heart Zones and Speed of Balance, representing the more serene and peaceful side of Doc's musical style. Designed to renew, center and refocus. This music has been effectively used by health professionals to help stabilize emotions and resolve nervous system chaos. Quiet Joy has significantly helped to calm children at home and improve behavior and performance at school.

●●● Wild Ride to the Heart Game



Make a face that shows frustration or happiness. Tell about a time you felt calm or scared. What color would your heart be if it were a color? Those are just a few of the challenges players face in HeartMath's new Wild Ride to the Heart game, where the first player to reach the heart at the center of the board, wins. But win or lose, the whole family will soon learn the true fun in playing Wild Ride - again and again - is because it makes you feel good in your heart.

●●● HeartSmarts™ Grades 3-5 Teacher's Kit



HeartSmarts teaches students to manage stress, improve learning and strengthen relationships. The program is based on the Institute of HeartMath's innovative research into the physiology of learning, teaching students a core set of tools and strategies that become part of the meaningful rituals and routines in their classrooms, intervention groups or after-school programs. HeartSmarts is organized into five modules. Each module uses experiential learning for problem-solving and collaborative discussion on topics related to school performance. Through minimal practice and reflection, students develop "habits of the heart" that improve learner readiness, motivation, behavior management and classroom climate.