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Our Team HeartMath

Doc Childre, Founder, Chairman and Co-CEO. Doc Childre is the founder of HeartMath and a global authority on optimizing human performance and personal effectiveness. He is the originator of the HeartMath System, a set of practical, heart-based technologies and tools that all people can use to reduce stress, improve performance,

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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.

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Doc Childre Executive Profile Biography Bloomberg

Background. Doc Childre co-founded Quantum Intech, Inc. in 2002 and serves as its Chairman and Co-Chief Executive Officer. Childre is also a Consultant to business leaders, scientists, educators, and the entertainment industry through his firm Top-Down Consulting. He is the originator of HeartMath System, a set of practical,

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Howard HeartMath

A Message from Howard. For the past 25 years I ve had the privilege of speaking about HeartMath, a system/organization created by our founder Doc Childre, consisting of leading-edge science, techniques and technology designed to help bring about a more heart-connected world. I ve been fortunate to have traveled the globe and spoken

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The HeartMath Solution: The Institute of HeartMath s Revolutionary Program for Engaging the Power of the Heart s Intelligence By Doc Childre and Howard Martin. Heart-Based Living Approach for Stress A great introduction to what HeartMath is all about.

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Heart Intelligence Connecting with the Intuitive Guidance

She is co-author with Doc Childre of HeartMath s Transforming Series published by New Harbinger: Transforming Stress, Transforming Anger, Transforming Anxiety and Transforming Depression, and is a key spokesperson on HeartMath, heart intelligence, managing stress in changing times and heart-based living.

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Doc Childre HuffPost

Doc Childre is an internationally renowned stress expert, creator of the HeartMath System, considered by many

hospitals, organizations and health care professionals to be a best practice in
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Lew Childre Wikipedia

Lew Childre. Jump to navigation Jump to search. Doc Lew Childre, Jr. (born c. 1945) (pronounced "Chill-dree") is an American author and the founder of the Heartmath Institute, a non-profit organization whose objective is to help the development of "heart-brain-coherence". He works on child development and strategies for dealing with stress.

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The Appreciative Heart store heartmath org

The Appreciative Heart: The Psychophysiology of Positive Emotions and Optimal Functioning By Rollin McCraty, Ph.D., and Doc Childre Heart s Role in Emotions A favorite among many, the Appreciative Heart monograph is easy to read.

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The HeartMath Solution The Institute of HeartMath's

The HeartMath Solution by Doc Lew Childre and Howard Martin offers a different approach on Mindfulness. Perhaps Heartfulness would be a better word for the approach the authors recommend. The HeartMath Solution describes recent research on the heart, maintaining that it has its own neurons that respond separately to the brain.

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Howard Martin HeartMastery

Howard Martin. In 1999 he co-authored with Doc Childre The HeartMath Solution published by HarperSanFrancisco and he has been with HeartMath s world-wide training and consulting team since its inception in 1991. In 2000 he authored The HeartMath Method, an audio-learning program published by Nightingale Conant.

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