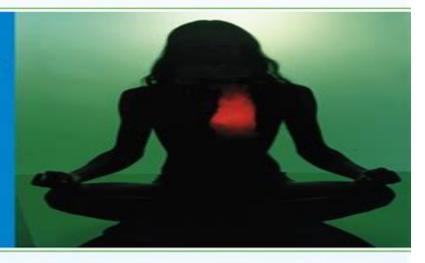
Harvard Medical School



Mind Your Heart

A Mind/Body Approach to Stress Management, Exercise, and Nutrition for Heart Health



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Bestselling Author of The Relaxation Response

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