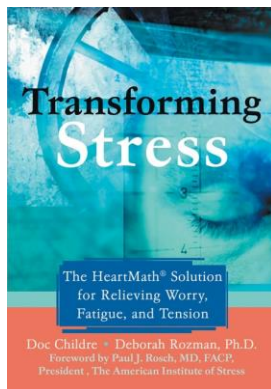




## On the bookshelf

by Josie Padro



In *Transforming Stress* authors Doc Childre and Deborah Rozman examine the impact stress can have on physical and mental health.

**“Too much stress hurts,”** they write. “It hurts relationships and work performance. It hurts health and quality of life. It hurts your enjoyment of yourself, others and life.” Childre and Rozman advocate a method they developed, called HeartMath, as a way to transform the physical energy of stress using the connection between the heart and the brain.

The book outlines ways to develop emotional reserves through reflection and writing. It also provides readers with strategies for dealing with the daily stresses in their lives.

*Transforming Stress* can be borrowed from the NSCR library.

Institute for HeartMath

[www.heartmath.org](http://www.heartmath.org)