

Author of the New York Times Bestseller
The Pleasure Prescription

Paul Pearsall, Ph.D.

"This is a marvelous piece of work ... fascinating, eye-opening, and practical. Love and health are intimately related and the evidence is well documented. Read it and start living a heart healthy life."

—Bernie Siegel, M.D., author of
Love, Medicine & Miracles

Tapping the Wisdom and Power of Our

The Heart's Code

The New Findings About
Cellular Memories and
Their Role in the Mind/
Body/Spirit Connection



The Heart's Code: Tapping the Wisdom and Power of Our Heart Energy

[Paul Pearsall](#)

A fascinating synthesis of ancient wisdom, modern medicine, scientific research, and personal experiences that proves that the human heart, not the brain, holds the secrets that link body, mind, and spirit. You know that the heart loves and feels, but did you know that the heart also thinks, remembers, communicates with other hearts, helps regulate immunity, and contains stored information that continually pulses through your body? In *The Heart's Code*, Dr. Paul Pearsall explains the theory and science behind energy cardiology, the emerging field that is uncovering one of the most significant medical, social, and spiritual discoveries of our time: The heart is more than just a pump; it conducts the cellular symphony that is the very essence of our being. Full of amazing anecdotes and data, *The Heart's Code* presents the latest research on cellular memory and the power of the heart's energy and explores what these breakthroughs mean about how we should live our lives. By unlocking the heart's code we can discover new ways of understanding human healing and consciousness and create a new model for living that leads to better health, happiness, and self-knowledge.