

Heart-Based Living

Discover how to live the life you want



Learn how to rely on the intelligence of your heart in concert with your mind to improve your health, performance, relationships and well-being.



Cultivate a deep
sense of inner
security and live a
life filled with
increased hope
and confidence.



Free yourself from the
negative impact stress
has on your body
and mind.



The HeartMath® System

- Innovative and Leading-edge
- Unique and Effective
- Science-based
- Proven and Credible
- Easy to Learn and Use
- Life-changing

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HeartMath is an internationally recognized company dedicated to facilitating heart-based living.

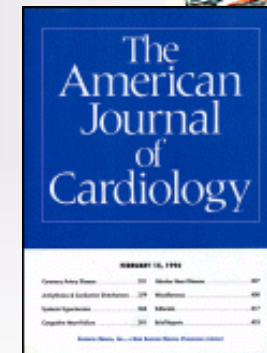


Since 1991, HeartMath has been educating people around the world about stress and emotional management with their practical, easy-to-use techniques, processes and technology needed for living rewarding, healthy and productive lives.



Published Research

- *Harvard Business Review*
- *Financial Times*
- *The Economist*
- *Wall Street Journal*
- *American Journal of Cardiology*
- *Journal of Stress Medicine*
- *Journal of Preventive Cardiology*
- *Modern Healthcare*



Proven Results You're Looking For

- 27% ↓ Tired
- 41% ↓ Fatigue
- 38% ↓ Exhausted
- 21% ↓ Worried
- 18% ↓ Depressed
- 21% ↓ Annoyed
- 17% ↓ Angry
- 17% ↓ Inadequate sleep
- 12% ↓ Muscle tension
- 15% ↑ Optimistic
- 21% ↑ Calm
- 25% ↑ Peaceful

N= 1500; data on file HeartMath LLC

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Achieve your goals

- Experience a more balanced life
- Feel better
- Perform better
 - Work
 - Home
 - Play
 - School
- Reduce your stress
- Become healthier and more resilient
- Deepen your relationships



Easy to Learn and Fun to Practice

- Your own personal HeartMath coach
 - Customized instruction
 - Fits into your busy schedule
 - In the comfort of your own home
- Workbook
 - Special focus on your goals
- Innovative, award-winning emWave[®] Technology

emWave is a registered trademark of Quantum Intech, Inc.

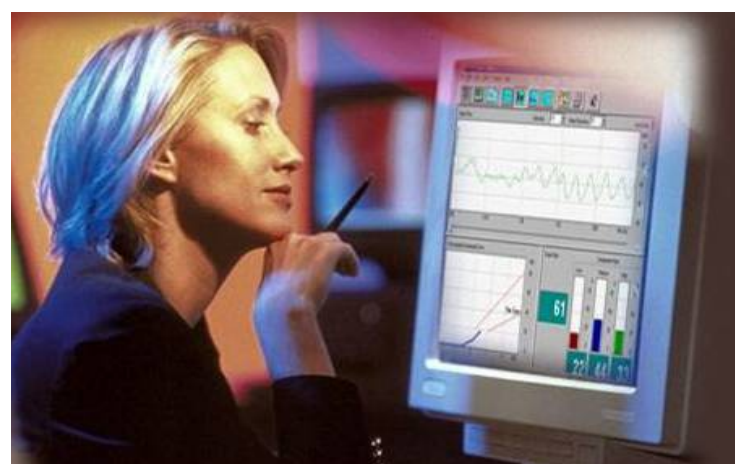
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emWave Technology

See improvement as you learn how to transform your stress and gain greater control over your emotions, mind and body.

emWave PC Stress Relief System



- Turns your computer into a heart rhythm monitor
 - Shows you how your thoughts and emotions affect your heart and nervous system
- Enhances skill-building with games and interactive environments

emWave Personal Stress Reliever®

Portable so you can re-energize on the go

- Improve mental clarity, health and sense of well-being
- Quickly recover from stressful events and prevent energy drain
- Shift from one task to another with more ease



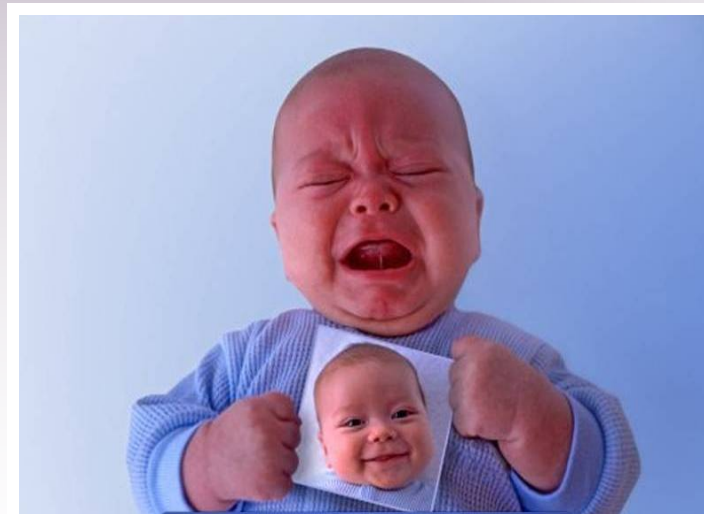
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HeartMath®
Licensed Provider 

Feel better more often

- Achieve physical, mental and emotional balance
- Restore nervous system health
- Increase your energy levels
- Improve your health and overall sense of well-being



Perform better more often

- Access and sustain the zone of peak performance



- Improve your mental acuity and problem solving skills
- Enhance your relationships and reduce the stress that results from miscommunication
- Bring more creativity and out-of-the-box thinking to your plans and projects

Simply Live Better

- Lead a more heart-directed life
- Actualize the life you want to live, your personal dreams, mission and goals
- Discover how...



A change of heart
changes everything.

