



# **Mind Your Heart: A Mind/Body Approach to Stress Management, Exercise, and Nutrition for Heart Health**

*Herbert Benson, Aggie Casey*

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Prevent, Control, and Manage Heart Disease with This Personalized Mind/Body Program.

Based on the innovative Cardiac Wellness Program at the world-renowned Mind/Body Medical Institute, founded by pioneering physician and researcher Herbert Benson, M.D., *Mind Your Heart* offers a balanced and holistic approach to heart health that combines lifestyle changes with cutting-edge medical procedures. With this program, you can lower your blood pressure and cholesterol, lose weight, increase physical fitness, and help prevent and manage heart disease.

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