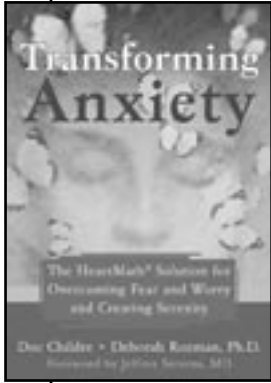


1 in 8 Americans suffers from an anxiety disorder. Is anxiety spiraling out of control?

According to the National Institute of Mental Health, 1 in 8 Americans now suffers from an anxiety disorder. At the current rate of increase in stress levels, one can expect anxiety statistics to double within the next few years. Experts say that we're looking at a growing epidemic due to a global atmosphere of anxiety – too much to do, too much to juggle, not enough time. Add to that economic uncertainty, natural disasters, fear of disease epidemics and terrorist threats, and it's understandable why people feel more anxious. Our emotional systems can't keep up.

Help from the Heart.

In *Transforming Anxiety: The HeartMath® Solution for Overcoming Fear and Worry and Creating Serenity* (May 2006; New Harbinger Publications), Doc Childre and Deborah Rozman, Ph.D., decode the underlying mechanics of anxiety. For many people, anxiety has become an ingrained emotional habit that can range in intensity from unease to worry to strong fear. Childre and Rozman show you how to transform anxiety habits by changing your heart rhythms. Researchers have found that heart rhythms correspond directly with emotional states. Negative or stressful emotional states, like anxiety, generate chaotic heart rhythm patterns. Your heart and brain get out of sync and your body is thrown into a "fight or flight" mode. Uplifting emotions – like compassion, real care, or appreciation – generate smooth, coherent rhythmic patterns that bring your heart and brain into greater synchronization, promoting nervous system harmony which helps to release anxiety, worry and fear.



In *Transforming Anxiety*, Childre and Rozman give you simple, step-by-step exercises for connecting to the power of your heart and transforming anxiety habits into more peace and ease.

Identifying your common anxiety habits.

"Overcare about people, issues, things, or yourself is the most common cause of anxiety," say Childre and Rozman. Overcare can seem noble, but it drains energy and blocks clear decision-making. Perfectionism, expectation, and overattachment are overcare habits. One of the first steps in transforming anxiety is learning how to shift overcare back to real care that renews your energy and mental clarity.

For many, it's easier to understand how social issues cause anxiety, such as constantly worrying about the state of the economy. But it's the seemingly insignificant everyday anxieties that accumulate and drain you more overall. This is because they are habitual and therefore more frequent. For example, do you find that you worry for days before a meeting with a client? Your original care to do a good job for the client turns into worrisome thoughts of self-doubt and negative projections about how your presentation will be received.

Or, perhaps you spend time worrying about whether you do enough for your family. Your original care and desire to spend quality time with your family turns into a frustration about not having as much time as you'd like. You get edgy with your kids and husband when they don't seem as concerned as you do.

Or, maybe you find that overcare is affecting your friendships. Do you frequently feel misunderstood by a friend? You're convinced that you know what he is thinking about you, and you're often defensive about yourself and your ideas.

continued...

"I recommend HeartMath without reservation to all individuals and organizations that are striving to create with the compassion and intelligence of the heart."

—Gary Zukav author of *The Seat of the Soul* and *The Dancing Wu Li Masters*

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, x142, earlita@newharbinger.com**

**Transforming Anxiety: The HeartMath Solution to Overcoming Fear and Worry and Creating Serenity
by Doc Childre and Deborah Rozman, Ph.D., ISBN: 1-57224-444-5, \$12.95, 5.25 x 7.5, 152 pages
Published in May 2006, by New Harbinger Publications, 800-748-6273, www.newharbinger.com**

Your original care is your desire to be a good person and a good friend. Your care becomes stress-producing because of your expectations about what a good friend should be.

Childre and Rozman explain how you can learn to use the power of the heart to shift out of the anxiety habits. Exercises throughout this book guide you through a hopeful and empowering process to identify your own anxiety habits.

Childre and Rozman also provide you with six different scientifically validated tools for transforming anxiety, including Quick Coherence, The Power of Neutral, and Attitude Shifting. The tools are powerful and can be quickly learned to start relieving anxiety immediately. The authors guide the reader on how to use the tools, and which tool would be an effective treatment for the specific anxiety habit they want to transform.

Transforming Anxiety is a hopeful process that empowers people to break free from anxiety and transform habits like overcare into free energy and resilience to create the life they really want.

About the Authors of *Transforming Anxiety*

Doc Childre is the founder and chairperson of the scientific advisory board of the Institute of HeartMath, the chairman of HeartMath, LLC, and the chairman and co-CEO of Quantum Intech. He is the author of eight books and a consultant to business leaders, scientists, educators, and the entertainment industry on Intui-Technology®. His HeartMath System and proprietary heart rhythm technology for coherence building, called the Freeze-Framer® have been reported on *Newsweek.com*, *NBC-Today Show*, *ABC-Good Morning America*, *ABC World News Tonight*, *CNN Headline News*, *CNN.com*, *CNN Lou Dobbs*, *The Wall Street Journal*, *Harvard Business Review 2.0*, *Modern Health Care*, *Health Leaders*, *Prevention*, *Self*, *Natural Health*, *Alternative Medicine*, *Psychology Today*, *PGA.com*, *Golf magazine*, *Golf Illustrated*, *Allure*, *Cosmopolitan*, *First for Women*, *Woman's World*, *New Woman*, *GQ Magazine*, *Men's Health*, *Men's Fitness*, *Los Angeles Times*, *San Francisco Chronicle*, *San Jose Mercury News*, and numerous other publications around the world.

Deborah Rozman, Ph.D., is a psychologist with thirty years of experience as a business executive, educator, and author. She is president and co-CEO of Quantum Intech, overseeing strategic alliances and the expansion of HeartMath® technology worldwide. Quantum Intech develops and licenses health technologies and products powered by HeartMath that transform anxiety and improve health and performance. Deborah also serves on the Institute of HeartMath's scientific advisory board and Physics of Humanity council. She is a key spokesperson for the HeartMath system, giving media interviews and keynote addresses for executives, scientists, and health and technology companies throughout the world. She is listed in *Who's Who in California*.

Suggested Interview Questions for Deborah Rozman, Ph.D.

1. The HeartMath program that you present in *Transforming Anxiety* is based on the premise that you can change emotional states by changing heart rhythms. First, why do you believe this? Second, we know that it's possible to change heart rate with relaxation exercises, but how can someone change their heart rhythm?
2. Your book is titled *Transforming Anxiety* and you talk a lot about transforming instead of overcoming anxiety. What's the difference?
3. What is overcaring and how do you distinguish it from "true" or healthy caring?

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, x142, earlita@newharbinger.com**

**Transforming Anxiety: The HeartMath Solution to Overcoming Fear and Worry and Creating Serenity
by Doc Childre and Deborah Rozman, Ph.D., ISBN: 1-57224-444-5, \$12.95, 5.25 x 7.5, 152 pages
Published in May 2006, by New Harbinger Publications, 800-748-6273, www.newharbinger.com**

4. What are the health effects of overcaring?
5. What is the emotional virus?
6. You have a chapter in *Transforming Anxiety* called "The Anxiety Epidemic." Is anxiety really and epidemic in the US?
7. Other than medication, cognitive behavioral therapy is the primary treatment for anxiety. You say that there are a number of problems with CBT. First, what is CBT and second, what do you see as its flaws?
8. You offer techniques for releasing what you call "accumulated anxieties." What are these and how do they affect us in ways that differ from acute anxiety?
9. What is the "Cut-Thru" technique?
10. A chapter of *Transforming Anxiety* is dedicated to recognizing and resolving "overwhelm." What is this and what effects does it have on the body and mind?

Raves for *Transforming Anxiety*

"I recommend HeartMath without reservation to all individuals and organizations that are striving to create with the compassion and intelligence of the heart."

—**Gary Zukav** author of *The Seat of the Soul* and *The Dancing Wu Li Masters*

"Doc Childre and Deborah Rozman have developed a very usable and effective approach to anxiety that is grounded in research, as well as an accumulation of treatment-based experience. Their techniques are strategically laid out to build one upon another and can be extremely helpful to people with a variety of anxiety problems."

—**Stephen I. Sideroff, Ph.D.**, clinical psychologist; assistant professor in the Department of Psychiatry and Biobehavioral Sciences at the University of California, Los Angeles

"*Transforming Anxiety* is a powerful guide to using positive emotions and loving kindness to reduce anxiety in its myriad forms. Drawing on both science and common sense, the HeartMath tools will be helpful to anyone when practiced as taught in this straight-forward and easy-to-read book."

—**Frederic Luskin, Ph.D.**, director of the Stanford Forgiveness Project and author of *Forgive for Good*

"As a caregiver to cancer patients, I know how essential emotional management is to the healing process. This book offers hope to those who struggle with anxiety and healing to those who put its principles into action. If you let this book into your heart, you will live a happier, healthier, and, I believe, longer life."

—**Rev. Dr. Michael Barry**, director of pastoral care for the Cancer Treatment Centers of America, Eastern Regional Medical Center, in Philadelphia, PA

"The power and genius of HeartMath's solution for transforming anxiety is found in its simplicity. The proven techniques shared in the this book can be practiced anytime, anywhere, by anyone, and I am confident they will not only transform your anxiety, but transform your life."

—**Jon Gordon, Ph.D., ABPP**, America's #1 energy coach and author of *The 10-Minute Energy Solution*

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, x142, earlita@newharbinger.com**

**Transforming Anxiety: The HeartMath Solution to Overcoming Fear and Worry and Creating Serenity
by Doc Childre and Deborah Rozman, Ph.D., ISBN: 1-57224-444-5, \$12.95, 5.25 x 7.5, 152 pages
Published in May 2006, by New Harbinger Publications, 800-748-6273, www.newharbinger.com**

"HeartMath offers individuals of all ages effective strategies to cope with the increasing stress and anxiety of everyday life..."
—**Lilli Friedland, Ph.D., ABPP**, member of the Council of Representatives of the American Psychological Association, and past president of the APA's Division 46, Media Psychology

"Once again the masters of the heart and mind connection have developed brave new inroads into the realm of humankind...My own experiences with HeartMath continue to underscore their unique approach to health and well-being..."
—**Cathy L. Greenberg, Ph.D.**, physical anthropologist; cofounder and managing partner of h2c (Happy Companies, Healthy People); and coauthor of *What Happy Companies Know*

"The well-being and health benefits that can accrue when people apply the techniques developed by HeartMath can have a significant positive impact on often-incapacitating symptoms associated with anxiety and related syndromes..."
—**Tony Yardley-Jones, FFOM, FRCS, Ph.D. DipMedAC**, director of West Berkshire Occupational Health at Royal Berkshire Hospital in Reading UK

"This latest work from HeartMath is a model for other self-help books. The reader is actually taught easy-to-use strategies that can resolve anxiety and other problems in living..."
—**John Hartung, Psy.D.**, clinical psychologist and teacher at the Colorado School of Professional Psychology, and coauthor of *Energy Psychology and EMDR*

"*Transforming Anxiety* is a unique work of compassionate science. The reader will discover, within its pages, heartfelt empathy whose genesis is founded in some of the most intriguing research of our time..."
—**Dan Baker, Ph.D.**, founding director of the Life Enhancement Center at Canyon Ranch and adjunct faculty member at the University of Arizona, College of Medicine

"...in my opinion, *Transforming Anxiety* is the best book put out by HeartMath to date..."
—**Butch Robicheaux, LCSW**, clinical director of Family Services of Baton Rouge, LA

"*Transforming Anxiety* is a fantastic and functional read for anyone who wishes to bring more balance and alignment into their life..."
—**Kansas Carradine**, star of *Cavalia*, the Equestrian Cirque du Soleil

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, x142, earlita@newharbinger.com**

**Transforming Anxiety: The HeartMath Solution to Overcoming Fear and Worry and Creating Serenity
by Doc Childre and Deborah Rozman, Ph.D., ISBN: 1-57224-444-5, \$12.95, 5.25 x 7.5, 152 pages
Published in May 2006, by New Harbinger Publications, 800-748-6273, www.newharbinger.com**