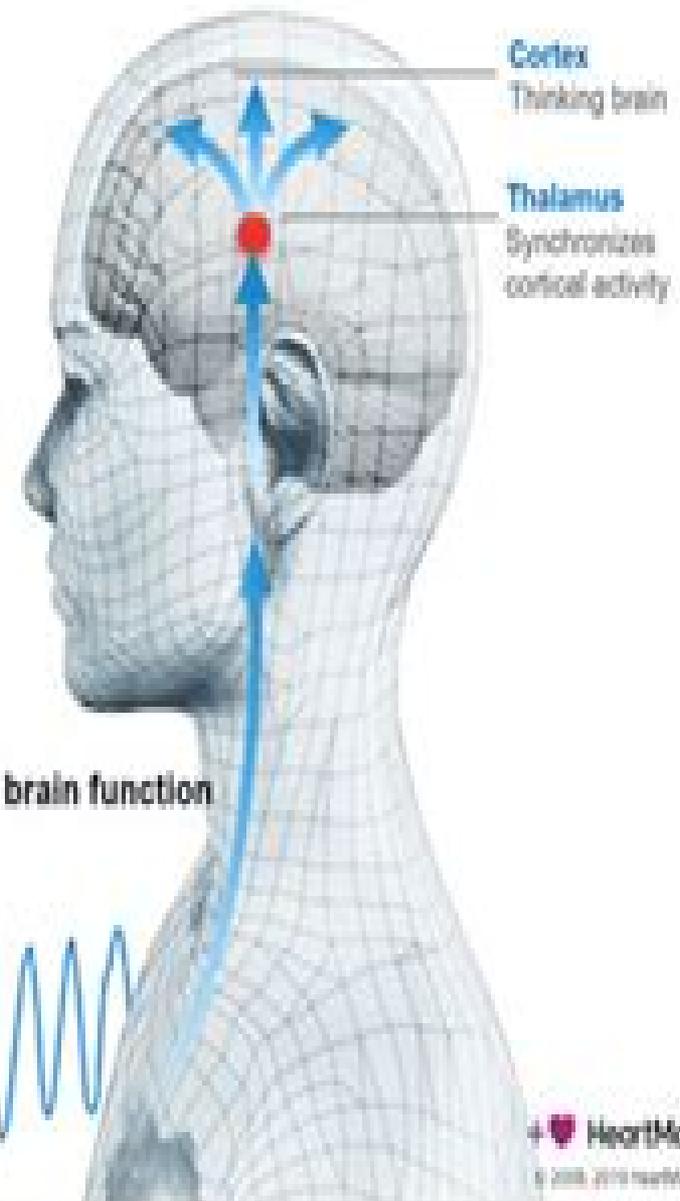


Heart Rhythms

Affect Physical and Mental Performance

Heart rhythms directly affect brain centers involved in foresight, decision-making, social awareness, and our ability to self-regulate.



Incoherence inhibits brain function

Coherence facilitates brain function



Affects The Body Heartmath

RJ Shavelson



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