

All About Heart...

Thank you for joining us for *The Tin Woman*. Here is a list of books you may find of interest that are, in one way or another, related to this play and its themes.

Change of Heart, a memoir by Claire Sylvia

After a heart and lung transplant operation, dancer Claire Sylvia discovered that new organs were not the only thing she inherited. Never having liked such foods as beer and chicken nuggets, she suddenly started craving them. After an extraordinary dream, she seeks out the family of her donor -- a teenaged boy who died in a motorcycle accident -- and learns that it is indeed possible for two souls to merge in one body.

Biology of Belief by Bruce Lipton, Ph.D.

Former medical school professor and research scientist, Lipton presents his experiments, and those of other leading-edge scientists, which examine in great detail the mechanisms by which cells receive and process information. The implications of this research radically change our understanding of life, showing that genes and DNA do not control our biology; instead, DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts. This profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics has been hailed as a major breakthrough, showing that our bodies can be changed as we retrain our thinking.

The Heart Speaks: A Cardiologist Reveals the Secret Language of Healing by Mimi Guarneri, M.D., FACC

Guarneri reveals groundbreaking new research that the heart is a multilayered, complex organ, possessing intelligence, memory, and decision-making abilities independent from the mind—and that healing the heart can have more to do with healing the mind and soul than we ever knew.

Molecules Of Emotion: The Science Behind Mind-Body Medicine by Candace B. Pert

Why do we feel the way we feel? How do our thoughts and emotions affect our health? Are our bodies and minds distinct from each other or do they function together as parts of an interconnected system? In this groundbreaking book, Pert provides startling and decisive answers to these and other challenging questions that scientists and philosophers have pondered for centuries.

The Heart's Code: Tapping the Wisdom and Power of Our Heart Energy by Paul Pearsall, Ph. D.

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. 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.

108 Pearls to Awaken Your Healing Potential: A Cardiologist Translates the Science of Health and Healing into Practice by Mimi Guarneri, M.D.

What guides your everyday life? In many cultures, you might use prayer beads such as the rosary or the 108-bead mala as a guide in your spiritual or meditative practice. In this book, Guarneri blends modern science and ancient wisdom to offer her own guide of 108 pearls-steps you can take to awaken the healing potential of your body, mind, and spirit.