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The Valentine's Gift That's Good for Both Your Hearts

SACRAMENTO, CA - Just in time for Valentine's Day, a gift that is good for both you and your loved one's emotional and physical hearts. *Health in a Heartbeat*, a new book co-authored by psychologist Dan Rudd and pro triathlete Sally Edwards, shows you how to be healthier and happier simultaneously.

Health in a Heartbeat presents a six-week program for greater emotional and physical fitness. Every chapter has simple activities to get and keep you moving toward greater health and happiness. This book gives you the tools and activities to develop your personal emotional and physical fitness training plan:

- Discover what motivates you.
- Learn how to use a heart rate monitor as your guide to a healthy heart.
- Understand the concepts "Optional Suffering" and "Pre-mature Worry" and how to neutralize them.
- Learn about the recent discoveries in affective neuroscience, and how they show you how to become happier.
- Realize how your connections to other people can help get and keep you moving.
- Develop your personal training plan for your dream life.

Our hearts are beating out vital messages to us right now. *Health in a Heartbeat* combines cutting-edge technology with ancient wisdom to show us how to use our own heartbeats as our guides to health.

Health in a Heartbeat Fact Sheet:

Publication date: September, 2004

Price: \$18.95 US

ISBN 0-9700130-5-1

Binding: Paperback

Pages: 138

Dan Rudd has embraced the guiding principles of *Health in a Heartbeat* in his personal and professional life for many years. His 30-year career as a psychotherapist, teacher, speaker, and consultant has been focused on emotional health, fitness training, family, and the relationship of emotions to physical health.

Sally Edwards is the founder and CEO of Heart Zones USA, an education and training company based on her principles of Heart Zones Training. She is a former Master's World Record Holder of the Ironman Triathlon and has authored more than 20 books and 300 articles on fitness.