



## ***Transforming Stress* Group Reading Guide**

**Dr. Kathryn (Kate) E. Patten**

### **Chapter 4: Quick Coherence**

1. What does “coherence” mean? (p. 43)
2. Why is it so important that heart rhythm be coherent?
3. Summarize the “Quick Coherence Technique.” (p. 44-45)
4. Because the heart produces 60 percent more energy than the brain, and because the heart is the largest energy field in the body, it affects the entire body. Downshifting the heart helps return our bodies to homeostasis. Why is coherent heart rhythm important to human functioning?
5. When are some good opportunities to practice “Quick Coherence”?
6. Have I recently experienced being overwhelmed and wanting more peacefulness in my life?
7. What is “heart intelligence”? (p. 48)
8. What are some specific obstacles to coherence? (p. 49)
9. What is “balanced care”? (p. 51)
10. What can I do that will emotionally regenerate me?