



***Transforming Anger* Group Reading Guide**

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Transforming Anger: The HeartMath Solution for Letting Go of Rage, Frustration, and Irritation

Authors: Doc Childre and Deborah Rozman

Chapter 3: What's the heart got to do with it?

1. How does the heart communicate with the rest of the body? (p. 20)
2. What is "heart rate variability" or HRV? (pp. 20-21)
3. What is a "coherent HRV"? (p. 21)
4. What is an incoherent HRV"? (p. 21)
5. What are the two branches of the "autonomic nervous system"/ANS and what do they do? (p. 21)
6. If you experience consistent or chronic emotional incoherence, what effects does your body experience? (pp. 22-23)
7. When you learn to shift your heart into coherent rhythms, what happens? (pp. 23-24)
8. What is the physiological response of anger? (p. 25)
9. How does being in coherence protect you from the negative energy/emotions of others? (p. 26)
10. Summarize "Attitude Breathing."
11. When are some times when I could benefit from using "Attitude Breathing"?