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### **Press Kit Your Vibrant Heart Dr Cynthia Thaik MD**

While your numbers are important, it's essential to recognize that life is truly a gift and your heart is much more than just a biological muscle. It is the emotional center that signifies energy, vibrancy, love, happiness, vitality, strength and spirit.

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### **Your Vibrant Heart Restoring Health Strength and Spirit**

You can't really live without your heart. I'm sure you know that. So it's a good thing to take care of it. However, reality is that most people do not take care of themselves the way they should. We get an overview of the heart in this book through a variety of perspectives. Thaik is a cardiologist, but also a practicing Buddhist, so while there is a Western perspective in this book in regards to medicine, there is also an Eastern perspective.

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### **Your Vibrant Heart a conversation with Dr Cynthia Thaik**

Your Vibrant Heart a Conversation with Cardiologist Dr. Cynthia Thaik by Soul Love | Nov 29, 2014 | Inspiring Books , Interviews Harvard-trained, Dr. Cynthia Thaik is a heart doctor who practices with her heart.

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