

A Review of

Laura's New Heart

A Healer's Spiritual Journey through a Heart Transplant

Author: Laura Fine

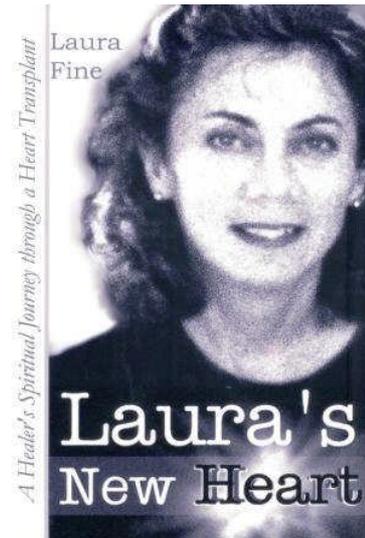
Reviewed by Jim Gleason, a 1994 heart recipient

Laura offers a fascinating insight into a very different journey into the world of cardiac failure and heart transplants. Her story is unique in that she uses her background as an Energy Healer and Counselor in an attempt to overcome this life challenge, and in that process discovers its limitations as she turns to modern Western medicine reluctantly to save her own life. If there's a lesson to learn from her story, it's that there is merit to both. While her holistic healing approach fails to arrest the damages to her heart, traditional medicine in the miracle of heart transplantation succeeds in returning her to a full life again, one in which she returns to both teaching and practicing her alternative healing methodologies.

This book is both a narrative and an introductory workbook wherein each of its seven chapters closes with two pages of spiritual exercise and reflection modeled after the healing affirmations that Laura shares in that chapter from her life-healing practice. These are further developed in the two appendices, the first offering affirmations for practical use, while the second offers insight into the facts and process of organ donation. Laura shares with her reader her deep spiritual faith, and, in the title of chapter 5, "**I'm Alive, It's a Good Day**" an indication of her positive outlook on life that so many patients find to be an essential element to their transplant success and quality of life thereafter. Her story is interspersed with healing affirmations, quotes from Shakespeare, e-mails that carry the story "real-time" and photographs from her life, all of which add uniqueness and interest to this reading, a testimony to her well practiced teaching and coaching skills.

Affirming what so many heart recipients (myself included) have come to learn, the daily challenges of life are put in new perspective, a view she captures in her simple quote: "**God arranged a new heart for me, (paying the...) rent is easy!**" The simple things in life take on new meaning - announcing at the nurses station the pride of taking a shower, starting to walk again after weeks of being bedridden, the "wondrous achievement" of climbing a flight of stairs - everyday things taken for granted that become a part of the gift that comes with a life saving heart transplant. Laura goes on to capture that feeling: "**My gratitude for life was inexpressible. The blessing, gift and miracle of this new heart was beyond my scope of appreciation or understanding.**"

For anyone looking for a new appreciation for life, Laura's book in itself is an affirmation and lesson in that search, as close to the actual experience of receiving an organ transplant as many would ever want to get. Those who work in the healing professions can gain valuable insight into the patient's experience through Laura's story. For anyone facing the reality of their own organ transplant, heart or otherwise, this reasonably short reading is both realistic and inspiring, offering both education and valuable insight into a life experience that is often a choice of last resort, but



one that has the opportunity to be a very positive life transforming event. As Laura shares in response to a stranger she met on a plane, "**...but it's the best thing that has ever happened to me.**"

Note: **Laura's New Heart** is available in paperback at www.LionheartInstitute.com along with her other books, *Taming the Restless Mind*, *the Best Kept Meditation Secret on the Planet*, and *The Energy System of Acting Workbook*. It is also available at www.LaurasNewHeart.com and Amazon.com.

Brief bio:

Jim Gleason, receiving his own heart transplant Oct. '94, retired after 37 years with Unisys Corporation in 2005, is a volunteer with The Gift of Life Donor Program, NKF and UNOS as well as a nationally recognized speaker and author. His own book, **A Gift from the Heart**, is offered free in thanks to his donor family and can be obtained by contacting him at GLEASONJIM@AOL.COM.