

Defy Stress with HeartMath's® emWave2® – Self-Tracking, Mobile Technology to Change One's Response to Stress

LAS VEGAS, from ShowStoppers @ CES 2012 – January 10, 2012 – HeartMath LLC (heartmath.com), innovator of stress and personal wellness technology, showcases its latest technology, the emWave2®, at the annual ShowStoppers event during CES 2012.

Maybe all stress can't be eliminated, but the emWave2 can defy most emotional stress as users learn to change their stress response. The device gives real-time readings of the user's physiology and helps activate a high-performance, mind-body state called coherence.

Learning to activate coherence helps users navigate through life stressors and quickly get back to a balanced emotional state.

With the emWave2 users learn to deploy highly specialized techniques designed to release emotional stress. emWave2 includes an emotion-refocusing technique called Quick Coherence® to increase personal coherence levels and transform negative emotions.

The emWave2 converts pulse data into real-time displays of coherence levels, as indicated by changing lights and/or audio cues. Users align breathing and heart rhythms, and through changing one's emotional focus, the device indicates when a physiological shift occurs. The new emWave2 can be tethered to a computer to see live graphs, download sessions and play games designed to help build emotional resilience.

For more information visit www.emWave.com or visit table A45 during ShowStoppers.

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About HeartMath:

HeartMath LLC provides unique services, products and technologies to improve well-being and reduce emotional stress. HeartMath studies demonstrating a critical link between emotions, heart function and cognitive performance are published in numerous peer-reviewed journals such as *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology* and *Journal of the American College of Cardiology*. HeartMath's award-winning emWave Personal Stress Reliever won the 2009 Last Gadget Standing People's Choice Award at CES. Doc Childre created the HeartMath System and emWave technology.