

John Martin Kennedy, MD, FACC

Dr. John M. Kennedy is the co-author of *The 15 Minute Heart Cure: The Natural Way to Release Stress and Heal Your Heart in Just Minutes a Day*. He works as the Director of Preventive Cardiology and Wellness at Marina Del Rey Hospital, Marina del Rey, California.

He is on the Board of Directors for the American Heart Association and speaks regularly on their behalf. Dr. Kennedy is a board certified cardiologist and has published articles in peer reviewed journals such as *The American Heart Journal*, *Journal of American College of Cardiology* and *Circulation*.

He is an Associate Clinical Professor at Harbor – UCLA and is a Lifechanger expert on NBC'S EXTRATV and has been featured on numerous national television and radio broadcasts.

His special interest, which is highlighted in his book, is *stress* and how it adversely affects our delicate cardiovascular system. Working as an invasive cardiologist, he has seen countless examples of how stress can trigger cardiac events. These powerful, emotionally charged experiences inspired him to develop the BREATHE technique—a simple stress relieving tool designed to help people relax and protect their heart.

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