

The latest findings from the field of neuro- and psychocardiology



Dr. med. Reinhard Friedl,
Shirley Michaela Seul
The Beat of Life
[Der Takt des Lebens]
Why the heart is our most
important sensory organ

Goldmann Taschenbuch
320 pages
Format 13,5 x 20,6 cm
September 2019

Dr. Reinhard Friedl is an eminent authority in his field. He has held thousands of hearts in his hands. He has operated on premature babies and repaired the heart valves of very old patients; he has implanted artificial heart turbines and stitched stabbing wounds in the heart. He closely follows the latest findings of neuro- and psychocardiology research that is revealing ever more secrets of the complex link between heart, brain and psyche.

It has been examined down to its tiniest of tiny parts. It conveys 9,000 litres of blood every day and in the process beats around a hundred thousand times. It never stands still, even when the brain and other organs are asleep.

It has been examined down to its tiniest of tiny parts. It conveys 9,000 litres of blood every day and in the process beats around a hundred thousand times. It never stands still, even when the brain and other organs are asleep.

We seem to know everything about the heart – and yet we know nothing. In all the major human cultures the heart has been seen as the biological centre for love, sympathy, joy, courage, strength and wisdom. Why is this so? There are no sensors for measuring this, which is why neuroscientists today believe that emotions originate in the brain – but just like the intestines, the heart, too, is a small brain in the body that with a zillion neurones forms its own networks and not only receives but also sends signals.

In this truly absorbing book, heart surgeon Dr. Reinhard Friedl closely examines the latest findings of neuro- and psychocardiology that are revealing ever more secrets about the complex link between the heart, brain and psyche. He is convinced that the perception of the heart not only as a pump but also as a source of life leads to better health.