406 Assignment II

1. Read

1. History of Heart Rate Variability Research by Paul Lehrer, in *Biofeedback* Fall 2013 V 41, Number 3, p 88-98

2. Effectiveness of *emWave* Biofeedback in Improving Heart Rate Variability Reactivity to and Recover from Stress, in the journal *Applied Psychophysiology and Biofeedback*, (2014) 39:75-88

3. Autonomic Assessment-Normal Female-50 yo

4. The Coherent Heart, from HeartMath