

FAMOUS HEART SURGEON

Opens Hearts to Lifetimes of Happiness

"Happiness is as close as the next person you meet."

San Francisco, CA (December 21, 2012) — One of the world's most renowned heart surgeons and a prolific author, Dr. Lester R. Sauvage was known among his staff as "Saint Sauvage" for his extraordinary attention to the spiritual needs of his patients.

He said, "From the beginning, my orientation toward medicine was founded on a firm spiritual base."

Retired from his work as a pioneering physician who performed thousands of life-saving operations, and founder of a major medical research facility, he has written his fourth book, *Open Your Heart to the Magic of Love: A Healer's Testament to Health, Happiness and Compassion*.

The book is a spiritual action guide to achieving happiness by offering love, compassion, forgiveness and generosity to other people, and by serving God by serving humanity. Sauvage lays out detailed chapters such as:

- The Gift of Sharing
- Pain and Compassion
- Averting Severe Mental Stress
- Optimal Health
- Nurturing Your Body—Your Mind—Your Soul
- Living Prayer

Having witnessed the damage that stress, poor diet and the pursuit of material prosperity have inflicted upon the human heart, the author has intimate knowledge of literal and spiritual heart disease. He asks readers to reflect on these questions:

- What difference have you made in the world?
- Is helping other people a priority in my life?
- Do I believe in Jesus? in heaven? in hell?
- How might I change the way I live my life?
- How would I relive my life if I were to start over?

Open Your Heart to the Magic of Love is crowded with heart-warming and sometimes heart-breaking stories of the author's long life as a doctor, husband and father, and stories of some of his patients. And always, he focuses on the "healthy soul" and religious belief as elements of healing that are as important as medicine. He says, "Medical science now recognizes that the body and the spirit interact and that a happy spirit can help heal the body and assist in keeping it healthy."

About the Author:

A popular public speaker and media guest, **Dr. Lester R. Sauvage** is the founder of the Hope Heart Institute and the recipient of numerous awards over the years, including a Brotherhood Award from the National Conference of Christians and Jews; the Jefferson Award, co-sponsored by the Seattle Post-Intelligencer and the American Institute for Public Service; and the Washington State Medal of Merit.

Dr. Sauvage is the author of:

- *You Can Beat Heart Disease: How to Defeat America's #1 Killer*
- *The Open Heart: Secret to Happiness* (forewords by Mother Teresa, M.C., and C. Everett Koop, MD)
- *The Better Life Diet: How to Live a Long and Youthful Life*, Co-authored with

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Title: *Open Your Heart to the Magic of Love: A Healer's Testament to Health, Happiness and Compassion*

Pub Date: December, 2012

Author: Lester R. Sauvage, M.D.

Publisher: Better Life Press

ISBN: 978-0-9823532-2-6

Format: paperback, 6" X 9", 267 pages

Price: \$15.95

Distributors: Ingram, Baker & Taylor, BN.com, Amazon

Information: www.warwickassociates.com

Subject: Health, Inspiration, Self-Help, Biography

Rights: World