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Opening Hearts: A Cardiovascular Surgeon Reflects on Faith, Healing, Love & the Meaning of Life

MD, Lester R. Sauvage, Barbara Mulvey Little

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"Why do you want to live longer?" cardiovascular surgeon, researcher and man of faith Lester R. Sauvage, MD, asked his patients before their life-saving surgery knowing that the answer would aid their healing by bringing to their consciousness a motivation to live. In Opening Hearts, Dr. Sauvage poses that same question for all of us because he knows that the answer will guide our actions. He also asks us to consider: What is the purpose of my life? How can I live a life of meaning? What is happiness and how do I find it? What do my actions reveal about who or what I love? Why does it matter? Doctor Sauvage then guides us with his unique and very spiritual "heart wisdom" to find our answers. He shares how the human body and the universe provide evidence for God. He reveals how spiritual awareness and life choices relate to healing, health, and happiness. And finally, he provides practical information to nurture the body, mind, and spirit. His goal: to help you create a life full of love and purpose. During his career, this Renaissance-style philosopher-surgeon-scientist performed 10,000+ surgeries, many miraculous. His research lab abounded with life-saving medical devices and advances. Yet he'll tell you his most important discovery was recognizing that love is the ultimate medicine that heals our body, mind, and spirit. This book is part faith, part science, part healing and health, and part autobiography describing an amazing life. It will inspire and challenge you to live in a more conscious, loving, and heart-centered way.

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