




'Dr Nikki Stamp is so clearly in love with her subject: that wonderful and yet still mysterious organ, the human heart.'

DR MICHAEL MOSLEY



**CAN
YOU
DIE
OF A
BROKEN
HEART?**

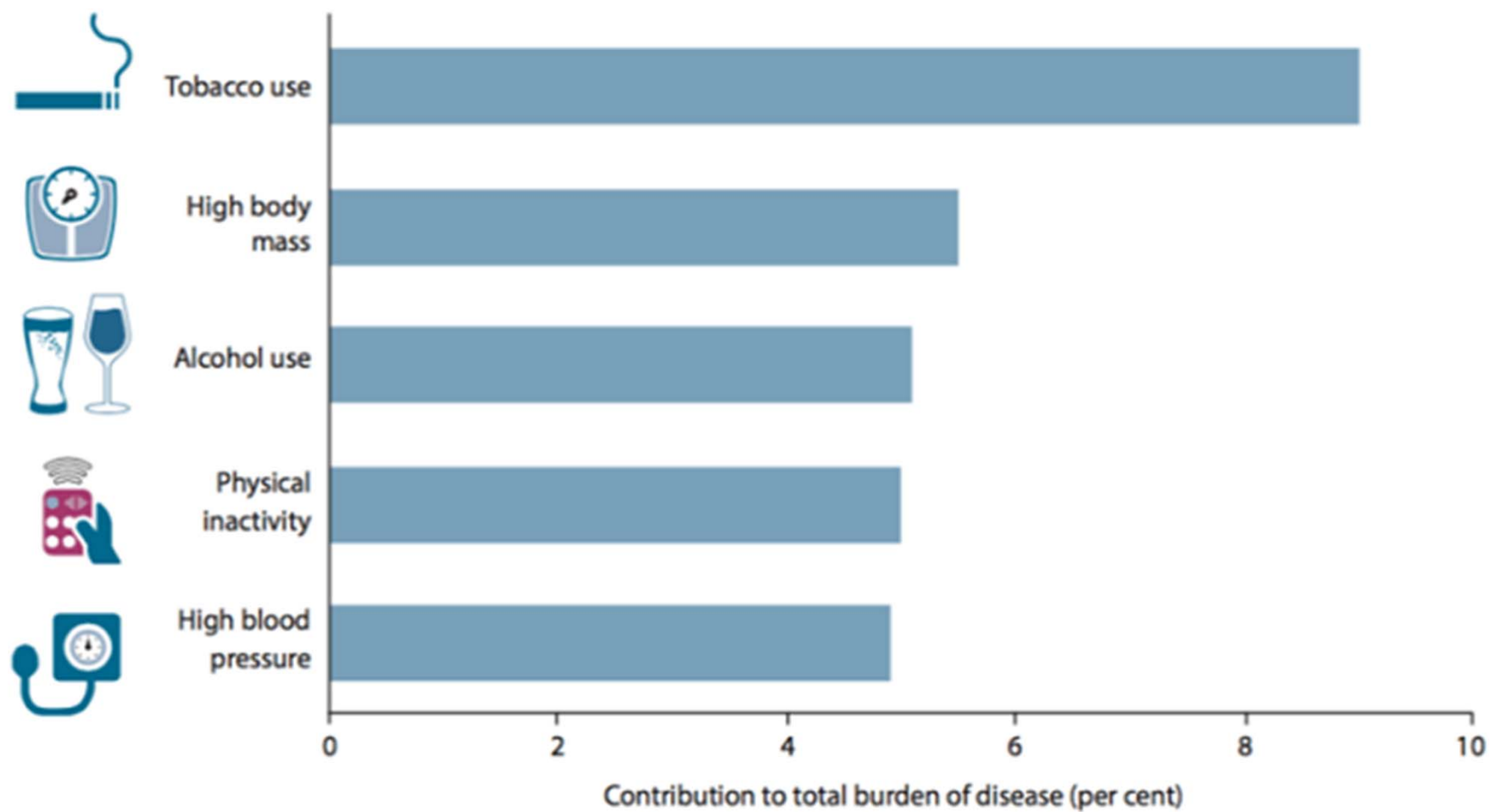
A heart surgeon's insight
into what makes us tick

DR NIKKI STAMP











Exhaustion



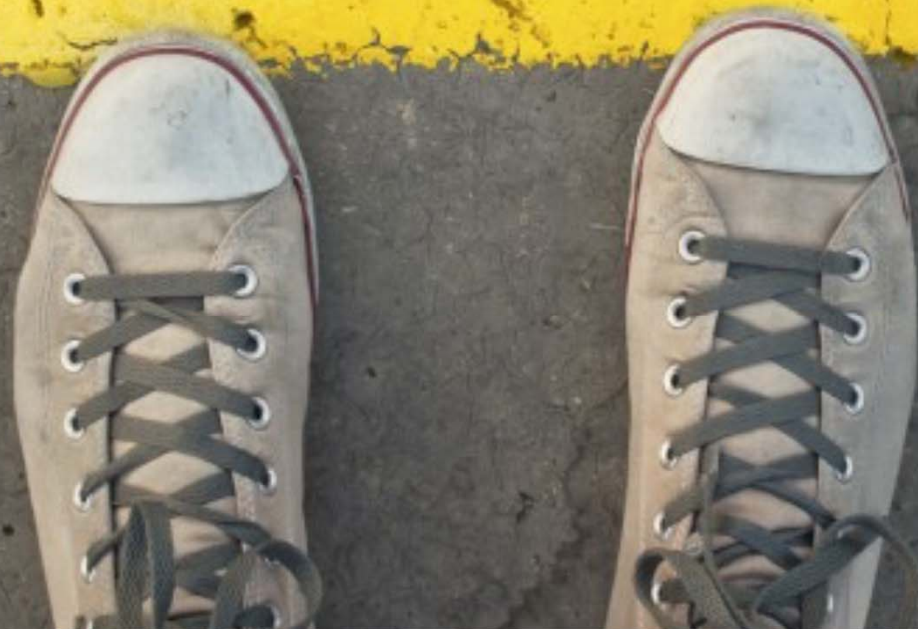
Cynicism



Inefficacy

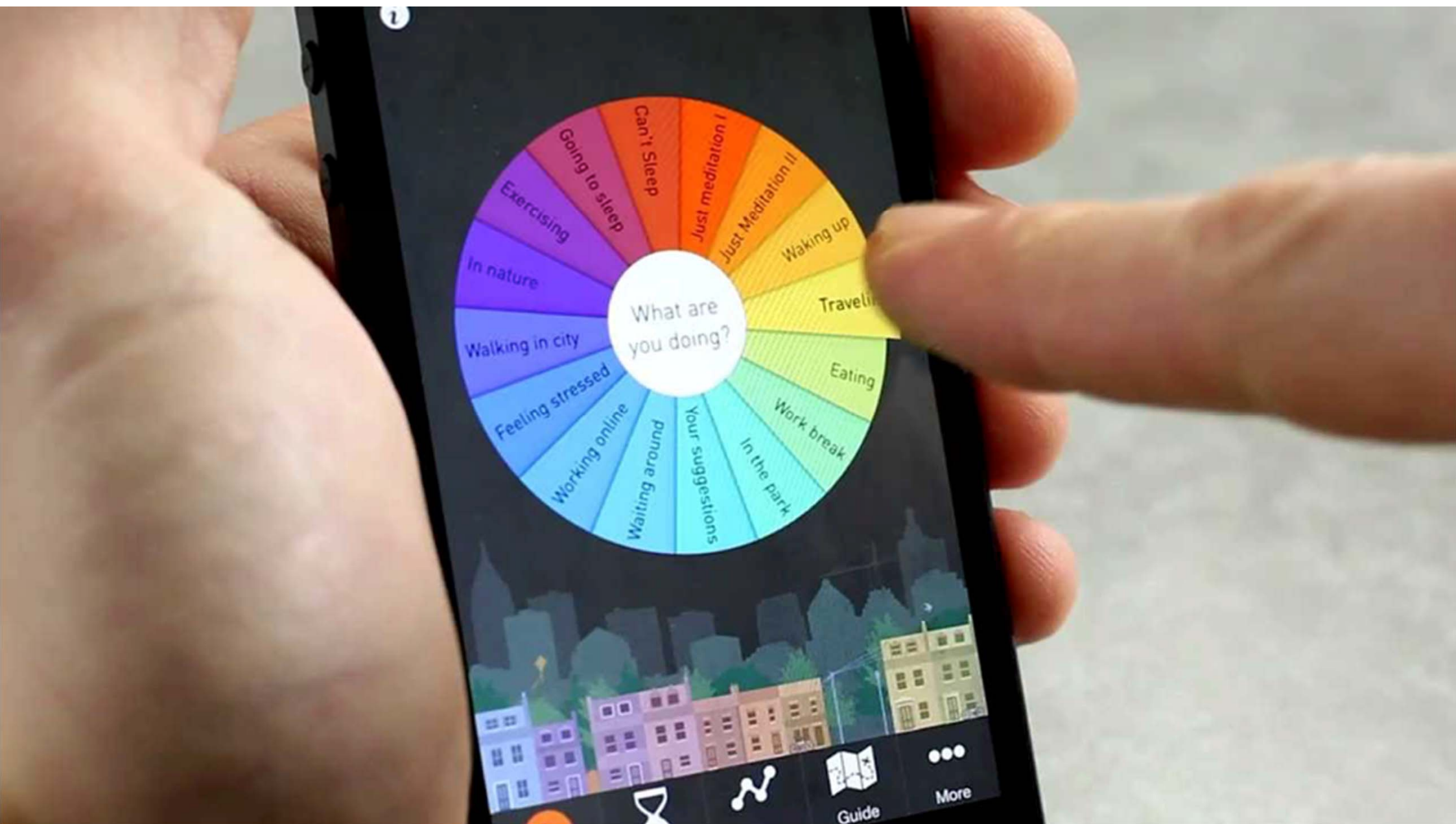


DO NOT CROSS









What are you doing?

- Can't Sleep
- Just meditation I
- Just Meditation II
- Waking up
- Traveling
- Eating
- Work break
- In the park
- Your suggestions
- Waiting around
- Working online
- Feeling stressed
- Walking in city
- In nature
- Exercising
- Going to sleep

Guide More



kindness

**we are all worthy of
self-care**

@drnikkistamp

