

A CHANGE OF HEART: A MEMOIR BY CLAIRE SYLVIA, WILLIAM NOVAK



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Sylvia gets more than a new heart after a transplant operation: she finds she has acquired the tastes and desires of the 18-year-old boy who was her donor.

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After a heart and lung transplant operation, dancer Claire Sylvia discovered that new organs were not the only thing she inherited. Never having liked such foods as beer and chicken nuggets, she suddenly started craving them. After an extraordinary dream, she seeks out the family of her donor -- a teenaged boy who died in a motorcycle accident -- and learns that it is indeed possible for two souls to merge in one body.

"This is a story that must be told and heard...a fascinating example of how cellular memory can outlive physical death". -- Deepak Chopra, M.D.

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2 of 2 people found the following review helpful.

Interesting

By Sharon Smith

I enjoyed reading this, the last few chapters seemed to drag though.

2 of 2 people found the following review helpful.

this book was recommended to me after my liver transplant in 2004

By Alia P.

this book was recommended to me after my liver transplant in 2004. i do believe in cellular memory as I have experienced strange things myself. a great read for anyone who has been in my position.

20 of 21 people found the following review helpful.

Extremely Moving!

By Katie

I just finished reading "A Change of Heart" - Claire Sylvia & William Novak's original book. It's currently no longer in print, so I wound up ordering it from a used bookstore. It appears that the reprint is now available - with a slight title change (it now incl. "A Memoir").

At any rate, I found this book to be truly amazing! The basic premise is that Claire went through a heart & lung transplant, and afterward, she noticed some major changes in her personality (i.e. likes and dislikes) - was it due to the fact that she now had another person's heart and lungs within her? That is a question that you are left to answer for yourself.

I like the fact that this book explains what was occurring through Claire's point of view, and then goes on to discuss many other "experts" ideas as to why these things were happening. No one idea is pushed on the reader - the information is laid out for you to make your own decision.

I believe that this book is a "must read" for anyone who has gone through a transplant, knows someone who has, or is just plain interested in happenings that cannot currently be explained by western science. An open mind is a must!

P.S. This book also reminds us of just how important it is to check that little box on your license & become an organ donor. It may give someone the gift of life one day!

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