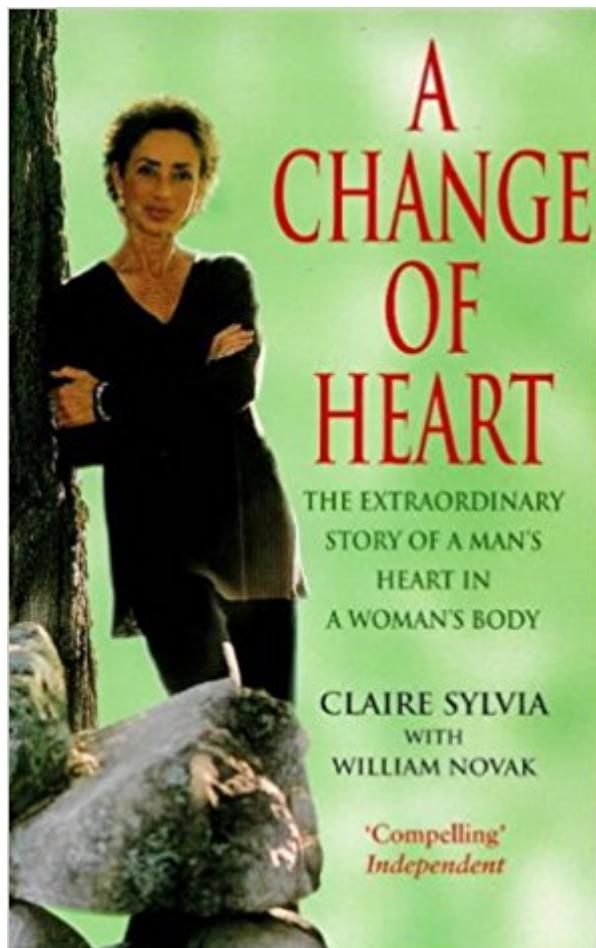


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# A Change Of Heart



## **Synopsis**

Claire Sylvia, a 47-year-old teacher from Boston, was the recipient in a heart and lung transplant operation in 1988. Five days later, she began to notice changes in her personality: she started craving beer and chicken nuggets, food she had previously hated; her favourite colours went from pinks to green and blue; and she began to ogle girls. Over the years, she has become convinced that something far more serious and miraculous was transferred during her operation. When something as vital and integral to life as a heart and lungs are placed into the waiting body of another, what becomes of the donor's memories, dreams, cravings, feelings, essence? Might not some of these be imparted too? The author delivers an account of her experience, and reveals her donor was an 18-year-old motorcyclist.

## **Book Information**

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## **Customer Reviews**

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. Copyright 1997 Reed Business Information, Inc. --This text refers to the Mass Market Paperback edition.

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

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.

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 truely 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 layed 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!

Nicely written. Gives one a lot to think about. It also leaves hope that every part of us lives, and continues to do so.

This book was actually recommended at conference I attended by a guy that specializes in livestock nutrition. The concept that cells have memories and how that plays out in food choices is well illustrated by Sylvia's transplant experience. I found the entire book very informative. Definitely a must read for any one facing a transplant of any kind.

Thought provoking. I've been struggling with heart issues this year, and what she writes rings very true for me.

I was mesmerized by the writing of this book. It drew me in and I felt as if the author, Claire Sylvia, was speaking directly to me. I read it slowly to absorb the consequences of the operation. This lead me to Jody Piccolt's book, CHANGE OF HEART, which I had read before but wanted to read again, after feeling the effect of this one. My perspective on transplants has more "vision" now. I am still in favor of giving life when it can be done. Bless those who give. Bless those who get.

This crosses over from New Age beliefs to Christian. Interesting, but a lot of chapters were irrelevant. I was comparing our heart transplant experiences.

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