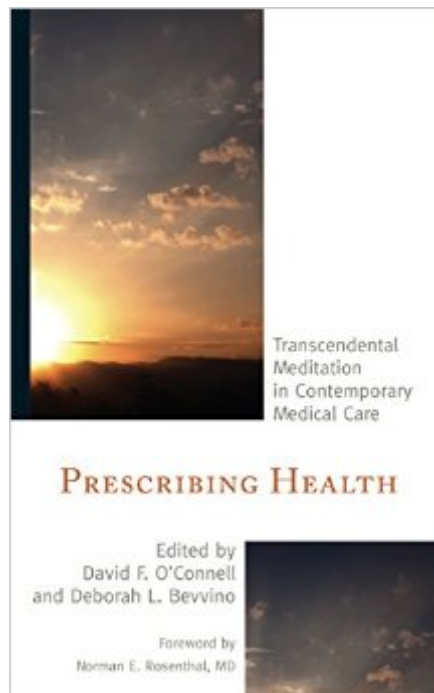


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Prescribing Health: Transcendental Meditation In Contemporary Medical Care



Synopsis

Prescribing Health: Transcendental Meditation in Contemporary Medical Care includes important contributions from leading experts on Transcendental Meditation and health, and provides the reader with the most important, cutting edge health research on the effects of Transcendental Meditation (TM) on serious mental health problems and medical disorders. It features practical, proven programs to improve health outcomes, decrease morbidity/mortality, and reduce health care costs with a wide range of patient populations. The authors explore advances in neuroscience and the brain changes associated with not only the impact of TM on health recovery, but also the effects of meditation in daily activity and permanent changes in neuropsychological functioning resulting from the purification of consciousness through meditation. Included is coverage of an ancient yet newly introduced approach to therapy, Vedic Psychotherapy, and methods for integrating Transcendental Meditation and other Vedic health approaches into primary medical care.

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Customer Reviews

I almost never and very seldom write reviews for products, but, for this book, I must say to the authors, you've all done an OUTSTANDING job in writing the most comprehensive book I've yet to come across on the subject. Your information seems highly accurate. Moreover, I love this book so much that I'm always reading it wherever I am. This book is definitely worth its price, and I'd even be willing to pay double or more than its current value.

Written by a series of senior scientists who have all published extensively in peer reviewed journals, this manual on top research on Transcendental Meditation applied to many major diseases is a must in the library of any serious health care professional.

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