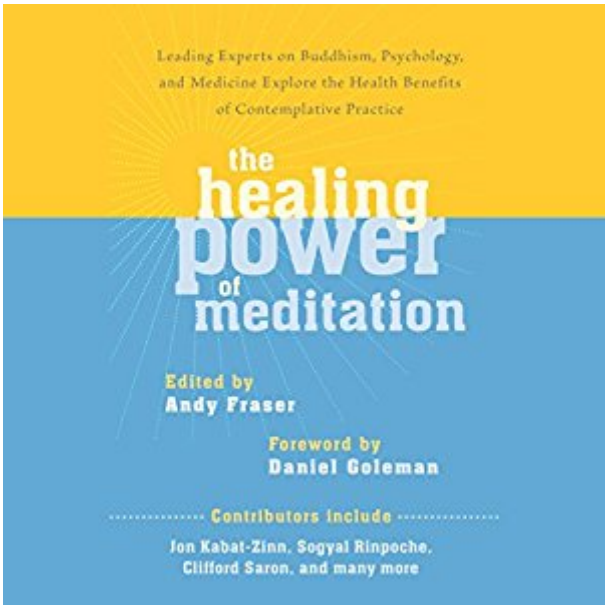
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The Healing Power Of Meditation: Leading Experts On Buddhism, Psychology, And Medicine Explore The Health Benefits Of Contemplative Practice



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Synopsis

Regular meditation practice has a powerful impact on the mind and body, rewiring the brain and bringing us all kinds of benefits: contentment and well-being, resilience and focus, better mental and physical health, and greater empathy and compassion. This wide-ranging anthology brings together pioneering Tibetan Buddhist teachers, scientific researchers, and health professionals to offer fascinating perspectives on the mind and emotions, new studies, and firsthand accounts of how meditation is being applied to great effect in health and social care today. Sogyal Rinpoche and Jetsn Khandro Rinpoche on how meditation unlocks the mind’s healing power. Jon Kabat-Zinn on the benefits of mindfulness in mainstream health care. Clifford Saron on the Shamatha Project, the most comprehensive study of the effects of meditation ever conducted. Sara Lazar on what happens to our brain when we meditate. Erika Rosenberg on how meditation helps us relate better to our emotions. Dr. Lucio Bizzini, MD, on how Mindfulness-Based Cognitive Therapy is used to treat depression. Ursula Bates on how mindfulness supports terminally-ill patients as they approach the end of their lives. Plus chapters from other innovators who apply meditation in health care and social work: Dr. Edel Maex, MD; Dr. Cathy Blanc, MD; Rosamund Oliver; and Dr. Frdric Rosenfeld, MD.

Book Information

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Customer Reviews

If you need any proof about the value of meditation--read this book. Not really a "how to" but more of a "why do"!!There are good discussions on meditation techniques and methods but he real value

in the book is its presentation of what mediation does. A must for those in the medical field.

I gave this book five stars because it covers a wide range of reasons why meditation works, including the science behind it: it is full of stories of people's experience getting well, overcoming long-standing issues like chronic depression, physical illness, etc. It's a credibility builder for even the most skeptical reader. I highly recommend a thoughtful read.

If nothing else, read the introduction by Andy Fraser to get the gist of what is in the book, and then browse through the different chapters, each written by a different person, in a different way, but all revealing the untapped power of the mind held within each and every one of us.

The first part of the book is the only one worth reading. Well written, and certainly an interesting read. The rest of the book, which is more than 70% of the book, is badly written and extremely boring.People who have never meditated should abstain from writing about meditation. Meditation is too big of a subject to tackle it only from the "scientific" point of view. There are very few things that science can thoroughly explain. Meditation is certainly not one of them.

Practical and useful. The research based information is helpful.

Great!

Amazing, penetrating book on meditationand how it effects our mind and body.Recommended to all interested in personal growthand transformation / science of the mind.Written in a very engaging way.The book exposes some amazing individuals whounderstand meditation practice from the inside out, throughtheir own experience, practice and knowledge.

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