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| 1. Record Nr. | UNINA9910467879903321 |
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| Titolo | Meditation interventions to rewire the brain : integrating neuroscience strategies for ADHD, anxiety, depression & PTSD // Jeff Tarrant |
| Pubbl/distr/stampa | Eau Claire, Wisconsin : , : PESI Publishing & Media, , [2017] ©2017 |
| ISBN | 1-68373-073-9 1-68373-074-7 |
| Descrizione fisica | 1 online resource (192 pages) : illustrations |
| Disciplina | 204.35 |
| Soggetti | Meditation - Therapeutic use Mindfulness Electronic books. |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di bibliografia | Includes bibliographical references. |
| Sommario/riassunto | Discover how to increase the power of meditation and mindfulness in your clinical practice. Meditation Interventions to Rewire the Brain takes a practical, individualized, brain-based approach to the practice of meditation. Author Jeff Tarrant, PhD, goes beyond traditional meditation practices to include a broad collection of mind-body strategies to effectively treat ADHD, anxiety, depression and PTSD. |