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Autore	Tarrant Jeff
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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.