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| Descrizione fisica | 1 online resource (315 p.) |
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| Soggetti | Meditation - Health aspects Meditation - Therapeutic use Transcendental Meditation - Health aspects Transcendental Meditation - Therapeutic use |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | The transcendental meditation technique (TM) : what, how, and why / Robert W. Boyer -- How meditation heals : the brain and higher states of consciousness / Fred Travis -- Stress, illness, and transcendental meditation : a triad worth exploring / Deborah L. Bevvino -- Transcendental meditation and cardiovascular health / Vernon A. Barnes -- Transcendental meditation, diabetes, and other disorders / David Lovell-Smith -- Transcendental meditation research on anxiety & anxiety disorders / Sarnia Grosswald, David F. O'Connell, James Krag -- Transcendental meditation in the treatment of depression / James S. Brooks -- The use of transcendental meditation in promoting recovery and preventing relapse for addictive diseases / David F. O'Connell, Alarik Arenander -- The TM program and the treatment of childhood disorders / William R. Stixrud, Sarnia Grosswald -- The TM technique as a preventative approach for improving health-care outcomes / Maxwell V. Rainforth, Robert E. Herron -- Addressing societal problems through the transcendental meditation program : aging, prison rehabilitation, and collective health / David W. Orme-Johnson, David F. O'Connell. |
| Sommario/riassunto | This book provides health care professionals and others with an |

understanding of over three decades of research on Transcendental Meditation and the treatment of chronic medical and psychiatric disorders as well as the use of Transcendental Meditation in effective health programs with a wide range of disorders and patient populations.
