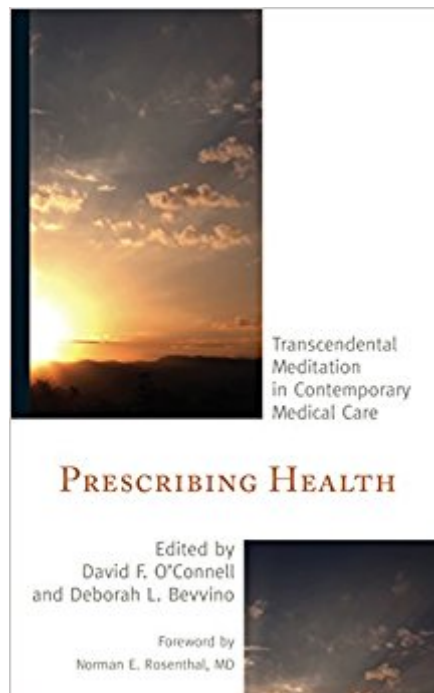


The book was found

# 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.

## Book Information

Hardcover: 314 pages

Publisher: Rowman & Littlefield Publishers; 1 edition (June 11, 2015)

Language: English

ISBN-10: 1442226269

ISBN-13: 978-1442226265

Product Dimensions: 6.3 x 1.1 x 9.3 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,824,484 in Books (See Top 100 in Books) #96 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Holistic Medicine](#) #1290 in [Books > Textbooks > Social Sciences > Psychology > Neuropsychology](#) #1472 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#)

## 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.

[Download to continue reading...](#)

Prescribing Health: Transcendental Meditation in Contemporary Medical Care The Patient's Medical Journal: Record Your Personal Medical History, Your Family Medical History, Your Medical Visits & Treatment Plans Cats: Cat Care- Kitten Care- How To Take Care Of And Train Your Cat Or Kitten (Cat Care, Kitten Care, Cat Training, Cats and Kittens) Dogs: Dog Care- Puppy Care- How To Take Care Of And Train Your Dog Or Puppy (Dog Care, Puppy Care, Dog Training, Puppy Training) Introduction To Research And Medical Literature For Health Professionals (Blessing, Introduction to Research and Medical Literature for Health Professionals wi) Pastel Painting Is Transcendental Osho Zen Tarot: The Transcendental Game Of Zen Tarot Osho Zen/ Osho Zen Tarot: El juego trascendental del Zen/ The Transcendental Game of Zen (Spanish Edition) Narada-Bhakti-Sutra: The Secrets of Transcendental Love Butterflies & Mandalas: An Adult Coloring Book With Affirmations (Transcendental Coloring Books) (Volume 1) Calculus: Early Transcendental Functions Essentials in Hospice Palliative Care - Second Edition: A basic end-of-life manual explaining how to care for the dying and helps health care workers, family and patients deal with death and dying. Health Care Information Systems: A Practical Approach for Health Care Management Health Care Finance: Basic Tools for Nonfinancial Managers (Health Care Finance (Baker)) Curing Medicare: A Doctor's View on How Our Health Care System Is Failing Older Americans and How We Can Fix It (The Culture and Politics of Health Care Work) Delivering Health Care In America (Delivering Health Care in America: A Systems Approach) Health Care Will Not Reform Itself: A User's Guide to Refocusing and Reforming American Health Care Global Health Care: Issues and Policies (Holtz, Global Health Care) Delmar's Medical-Surgical Nursing Care Plans (Rodgers, Thomson Delmar Learning's Medical-Surgical Nursing) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn

[Dmca](#)