



# Prescribing Health: Transcendental Meditation in Contemporary Medical Care

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## **Prescribing Health: Transcendental Meditation in Contemporary Medical Care**

*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.

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