



Health Benefits of Meditation - Health Learning Series

By M Usman, Managing Director John Davidson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Health Benefits of Meditation - Health Learning Series Table of Contents Preface SECTION I - Getting Started Chapter # 1: Intro Chapter # 2: Why Meditate? Chapter # 3: Types of Meditation Chapter # 4: General Guidelines to Meditation SECTION II - Benefits of Meditation to the Brain Chapter # 1: Behind the Scenes Chapter # 2: Better focus Greater Emotional Response Chapter # 3: More Creativity and Better memory Chapter # 4: Less Stress Anxiety SECTION III - Benefits of Meditation to the Body Chapter # 1: Better Immunity Chapter # 2: Control on Blood Pressure Chapter # 3: Pain Relief Chapter # 4: Improved Digestion Chapter # 5: Cure Headaches Chapter # 6: Overcome Addictions Chapter # 7: Lower Cholesterol Levels SECTION IV- Conclusion References Preface Social pressure, packed schedules and flailing economies; who has time or the money to even think, let alone practice any type of fitness or health regime. Even those who have the gift of time soon find themselves stuck in the web of, what is mostly an artificial...



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