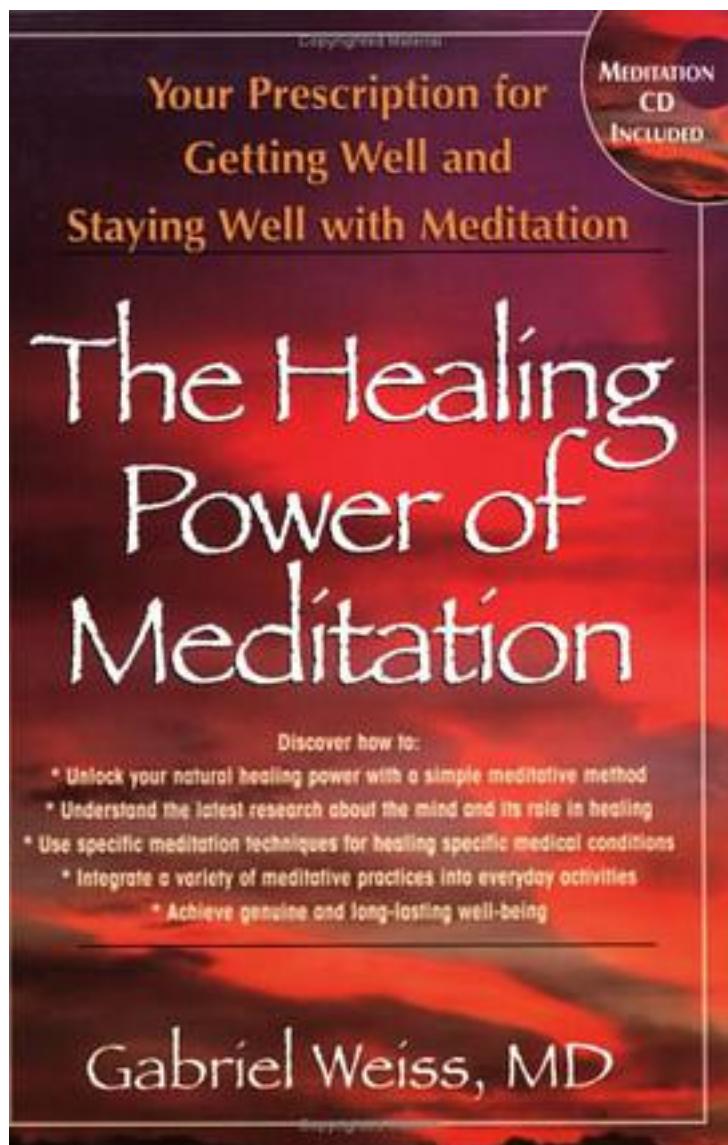


# Healing Power of Meditation



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Medical research confirms something that Buddhists have maintained for centuries: meditation can cause physical changes in the brain and body. This book combines medical studies, neuroscientific research, clinical case histories, spiritual wisdom, jazz lyrics, poems, paintings and Zen philosophy, weaving together a set of principles and meditative practices that you can easily integrate into your daily life.

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