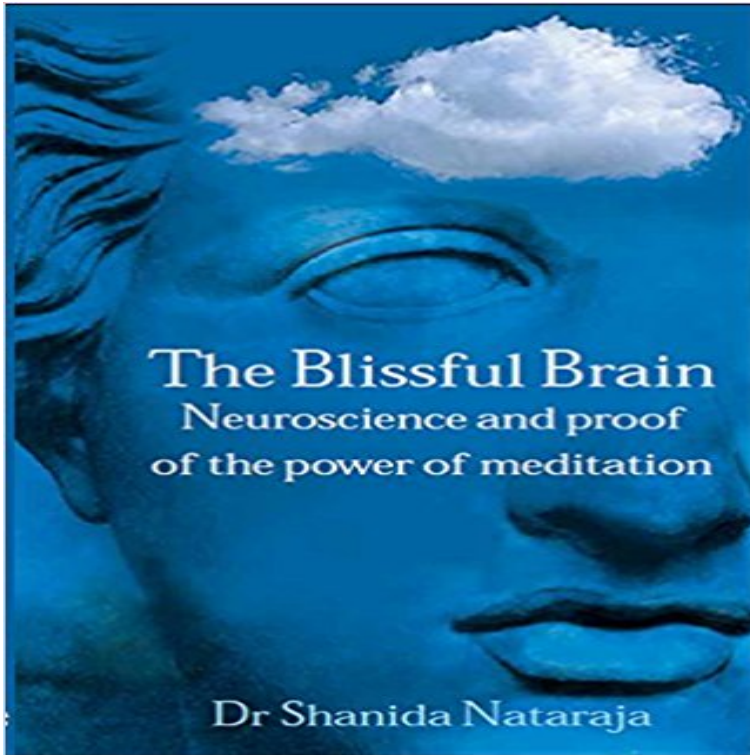


## Revised and Updated: The Blissful Brain: Neuroscience and Proof of the Power of Meditation



The Blissful Brain is a guide to the scientific evidence supporting the role of practices such as meditation, tai chi and yoga in our everyday lives. Our world is a stressful place, and these practices appear to go some way towards offering an antidote to this stress. Furthermore, stress, and stress-related diseases, place an increasing burden on our Western healthcare systems, and there is a clear need for a shift in our approach to health and well-being, both as individuals and as a society as a whole. The widespread acceptance of meditation as a crucial component of everyday life, as well as an essential component of effective patient management, has, until recently, been hindered by a lack of knowledge about the effects of meditation on the brain and on measurable health outcomes. However, recent research has revealed specific brain regions and processes involved in meditation, as well as those involved in generating religious and mystical experiences. Furthermore, numerous studies have explored the health benefits of meditation, from its effects on blood pressure and cardiovascular health to its impact on mental health disorders and coping mechanisms in disease. Not only does this research provide a concrete explanation of how and why meditation works, but it also reveals both the potential benefits of long-term practice and the possible strategies that can be used to facilitate meditative practice. The Blissful Brain therefore provides the scientific explanation of how meditation works, and outlines the scientific rationale for including meditation in our everyday lives as a means by which to optimise the performance of our brains and our state of health and well-being.

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