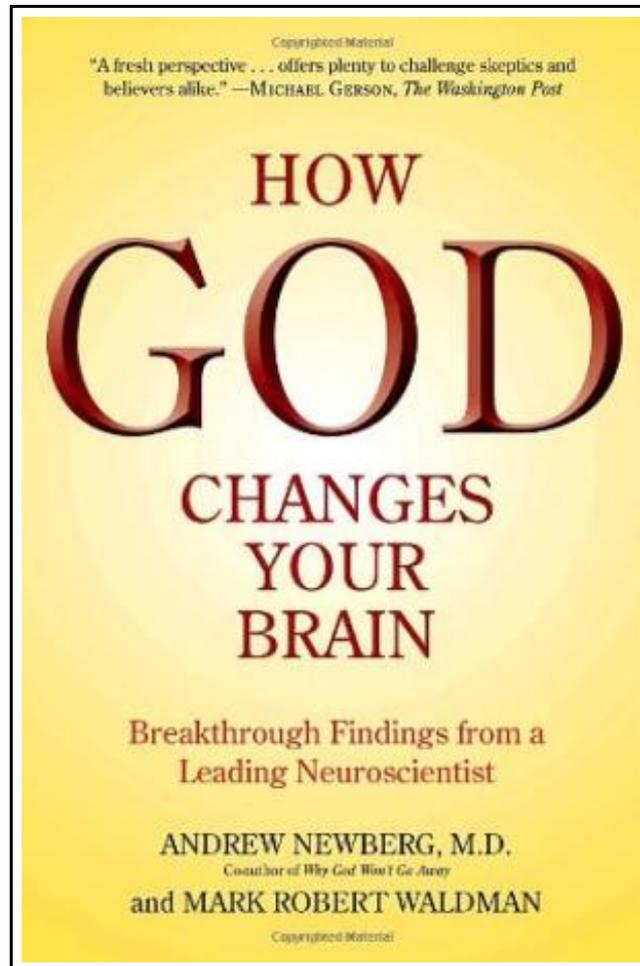


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Reviews

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(Yvette Marquardt)

HOW GOD CHANGES YOUR BRAIN: BREAKTHROUGH FINDINGS FROM A LEADING NEUROSCIENTIST

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Random House USA Inc. Paperback. Book Condition: new. BRAND NEW, How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist, Andrew B. Newberg, Mark Robert Waldman, God is great-for your mental, physical, and spiritual health. That's the finding of this startling, authoritative, and controversial book by the bestselling authors of "Born to Believe. " Based on new evidence culled from their brain-scan studies on memory patients and meditators, their Web-based survey of people's religious and spiritual experiences, and their analyses of adult drawings of God, neuroscientist Andrew Newberg, therapist Mark Robert Waldman, and their research team have concluded that active and positive spiritual belief changes the human brain for the better. What's more, actual faith isn't always necessary: atheists who meditate on positive imagery can obtain similar neurological benefits. Written in an accessible style-with illustrations highlighting how spiritual experiences affect the mind-How God Changes Your Brain offers the following breakthrough discoveries: - Not only do prayer and spiritual practice reduce stress and anxiety, but just twelve minutes of meditation per day may slow down the aging process.- Contemplating a loving God rather than a punitive God reduces anxiety, depression, and stress and increases feelings of security, compassion, and love.- Fundamentalism, in and of itself, is benign and can be personally beneficial, but the anger and prejudice generated by extreme beliefs can permanently damage your brain.- Intense prayer and meditation permanently change numerous structures and functions in the brain-altering your values and the way you perceive reality. How God Changes Your Brain is both a revelatory work of modern science and a practical guide for readers to enhance their physical and emotional health and to avoid mental decline. Newberg and Waldman explain the eight best ways to "exercise" your brain and guide readers through specific routines derived from a wide...



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