



How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist

By Andrew B. Newberg, Mark Robert Waldman

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.-...



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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**