



## Meditation as Medication for the Soul (Paperback)

By Rajinder Singh

Radiance Publishers, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. This groundbreaking book offers proven benefits of meditation for reducing stress-related ailments, such as cancer, stroke, heart, breathing, digestive, and circulatory problems, hypertension, migraines, depression, anxiety, and addictions; improving brain function and performance; managing pain; and achieving balance. Sant Rajinder Singh, in his keynote article, provides clear and compelling support for the value of meditation for the health of the spirit, upon which the health of the body and mind are based. Noted medical doctors, cancer researchers, psychiatrists, psychologists, chiropractors, brain researchers, neuroscientists, and those involved in alternative medicine have contributed articles rich in evidence supporting meditation as a complementary treatment modality. Meditation as Medication for the Soul is a must-read book for anyone seeking optimum health. Includes meditation instructions by Sant Rajinder Singh for anyone to try.

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