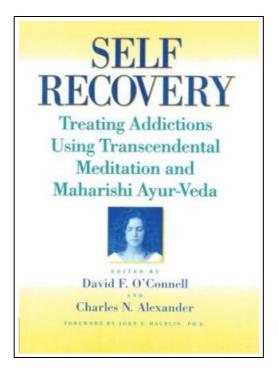
# Self-Recovery: Treating Addictions Using Transcendental Meditation and Maharishi Ayur-Veda (Paperback)



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#### Reviews

Extensive manual! Its this type of great read through. Sure, it is actually engage in, nonetheless an interesting and amazing literature. Its been written in an exceedingly simple way and it is simply right after i finished reading this pdf through which basically altered me, affect the way i believe.

(Mrs. Mertie Cummerata)

## SELF-RECOVERY: TREATING ADDICTIONS USING TRANSCENDENTAL MEDITATION AND MAHARISHI AYUR-VEDA (PAPERBACK)



Taylor Francis Inc, United States, 1995. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. A valuable resource for addressing/promoting the spiritual awakening/development for patients based on a thoroughly researched system of meditation Nearly 40 of americans saw an alternative healthcare practitioner last year. Interest in Yoga--an aspect of ayurveda--is growing nationally and is starting to become part of more progressive treatment programs. Patients want more. Providers need to offer more. And choices need to be based on sciencetific research on complementary/alternative medicine, which is under-researched in the addictions treatment field right now. Their has been a flurry of interest in Trancendental Meditation (TM) the past few months, mostly due to very impressive research on lowering blood pressure--especially in African Americans. This groundbreaking, scientifically based book shows how TM can have profound health-promoting effects on addictions as well, according to recent research on profound brain changes caused by TM practice. Self-Recovery acquaints readers with the use of Transcendental Meditation program and Maharishi Ayur-Veda. This natural comprehensive approach to health care, as brought to light from the ancient Vedic tradition of India by Maharishi Mahesh Yogi, allows individuals to break negative habits that arise from an incomplete understanding of the relationship between mind, body, and environment. Self-Recovery shows how this ancient system of mind-body medicine, through its mental and physical procedures, can be used to treat addictive diseases effectively. The first book written on the application of the Transcendental Meditation (TM) program and Maharishi Ayur-Veda to addictions treatment, this volume is interdisciplinary in scope with original chapters by psychologists, physicians, physicions, styling to addictions treatment, this volume is interdisciplinary in scope with original chapters by psychologists, physicians, physi neurochemists, and other addictions professionals who offer an alternative paradigm to understanding and treating addictions. In contrast to conventional treatments,...

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