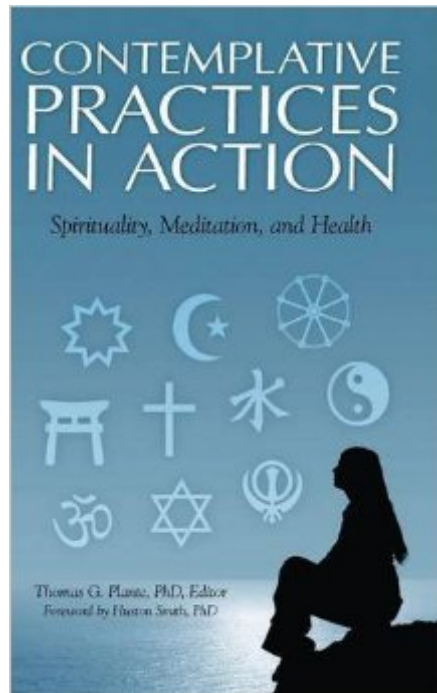


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Contemplative Practices In Action: Spirituality, Meditation, And Health



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This groundbreaking primer illuminates contemplative methods that can improve mental and physical health.â Foreword by renowned author and scholar Huston Smith, subject of the five-part PBS special, The Wisdom of Faith with Huston Smithâ Contributions from 13 expert authorsâ Case studies showing how contemplative practices are being used to cope with modern stress and disorders among groups as diverse as caregivers, pregnant women, people living with HIV, and veterans dealing with PTSD

Book Information

Hardcover: 261 pages

Publisher: Praeger (July 15, 2010)

Language: English

ISBN-10: 0313382565

ISBN-13: 978-0313382567

Product Dimensions: 6.6 x 0.9 x 9.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

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