



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

Undoubtedly, this is the best function by any writer. This really is for those who statte there was not a really worth reading. Its been written in an exceptionally basic way which is merely right after i finished reading through this book by which really transformed me, change the way i really believe.

-- **Dr. Deonte Hammes DDS**

The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).

-- **Dr. Marcos Grimes III**