



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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