



## Contemplative Practices in Action: Spirituality, Meditation, and Health

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# Contemplative Practices in Action: Spirituality, Meditation, and Health

## Contemplative Practices in Action: Spirituality, Meditation, and Health

This groundbreaking primer illuminates contemplative methods that can improve mental and physical health.

- Foreword by renowned author and scholar Huston Smith, subject of the five-part PBS special, *The Wisdom of Faith with Huston Smith*
- Contributions from 13 expert authors
- 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

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