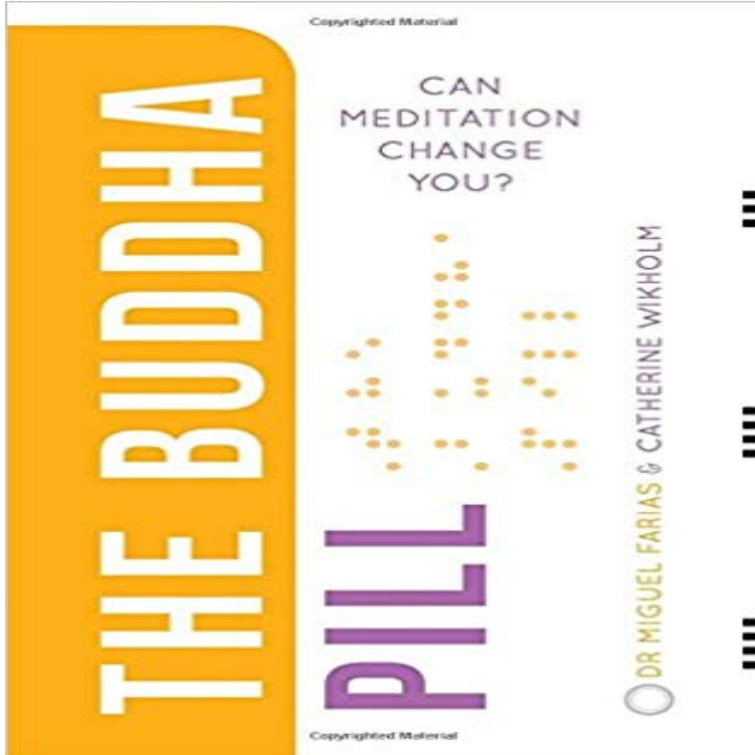


# The Buddha Pill: Can Meditation Change You?



Millions of people meditate daily but can meditative practices really make us better people? In *The Buddha Pill*, pioneering psychologists Dr Miguel Farias and Catherine Wikholm put meditation and mindfulness under the microscope. Separating fact from fiction, they reveal what scientific research including their groundbreaking study on yoga and meditation with prisoners tells us about the benefits and limitations of these techniques for improving our lives. As well as illuminating the potential, the authors argue that these practices may have unexpected consequences, and that peace and happiness may not always be the end result. Offering a compelling examination of research on transcendental meditation to recent brain-imaging studies on the effects of mindfulness and yoga, and with fascinating contributions from spiritual teachers and therapists, Farias and Wikholm weave together a unique story about the science and the delusions of personal change.

Meditation is no longer alternative. Its being taught in schools, the NHS, and the workplace. The media regularly report how science is discovering the benefits. Scientific evidence for lasting change from meditation practice is weak. A ground-breaking book, *The Buddha Pill*, promotes critical thinking. *The Buddha Pill: Can Meditation Change You?* Paperback May 26, 2015. Millions of people meditate daily but can meditative practices really make us better people? In *The Buddha Pill*, pioneering psychologists Dr Miguel Farias and Catherine Wikholm put meditation and mindfulness under the microscope. Many believe it affects how we feel and behave. But can we actually change through meditation? Does it work like a pill to alleviate stress? Millions of people meditate daily but can meditative practices really make us better people? In *The Buddha Pill*, pioneering psychologists Dr Miguel Farias and Catherine Wikholm put meditation and mindfulness under the microscope. Mindfulness, yoga and other forms of Eastern meditation are becoming increasingly popular in the West, not only as part of the religious. *The Buddha Pill: Can Meditation Change You?* Millions of people meditate daily but can meditative practices really make us better people? In *The Buddha Pill*, pioneering psychologists Dr Miguel Farias and Catherine Wikholm put meditation and mindfulness under the microscope. Millions of people meditate daily but can meditative practices really make us better people? In *The Buddha Pill*, pioneering psychologists Dr Miguel Farias and Catherine Wikholm put meditation and mindfulness under the microscope. Millions of people meditate daily. Many believe it affects how we feel and behave. But can we actually change through meditation? Does it work like a pill to Amazon????? *The Buddha Pill: Can Meditation Change You????????? Amazon????????????? Miguel Farias, Catherine Wikholm Mindfulness, yoga and other forms of Eastern meditation are becoming increasingly popular in the West, not only as part of the*

religious