

"During the past decade, meditation has become an accepted part of Western culture, and research on the topic has proliferated markedly. An urgent need has developed for a sophisticated researcher and meditator to integrate the objective and subjective data that have accumulated and to inform professionals as to the usefulness and limitations of meditation as a self-regulation strategy and as an altered state of consciousness. Deane Shapiro's book, which beautifully fulfills this need, can be highly recommended to all those who are interested in this important topic."

Theodore X. Barber, Ph.D.
Director of Special Projects
Cushing Hospital
Framingham, Massachusetts

"An excellent introduction to the psychology, biology, and philosophy of meditation. The book successfully integrates scientific theory and research, clinical case material, and the personal experiences of the author's own meditation. This book is essential reading for researchers and clinicians interested in both the science and art of meditation. I can recommend this book enthusiastically to my students and colleagues."

Gary E. Schwartz, Ph.D.

About the Author

DEANE H. SHAPIRO, Jr., Ph.D., a Phi Beta Kappa graduate of Stanford University, is President of the Institute for the Advancement of Human Behavior, where he directs a research program in self-control; and Dean of Academic Affairs at the Pacific Graduate School of Psychology, where he directs a research program in stress management. He is also a clinical instructor in the Department of Psychiatry and Behavioral Sciences, Stanford University Medical School.

Dr. Shapiro is internationally recognized as one of the world's foremost authorities on the clinical, therapeutic and medical health care applications of meditation. His research and writing on meditation and self-control have been requested by universities and medical schools throughout the world. He has published over two dozen articles in professional and scientific journals, and in addition to the current book, has authored **Precision Nirvana** (Prentice-Hall, 1978); the **Psychology of Self-Control** (in preparation) and is co-editor with Roger Walsh of the forthcoming **The Science of Meditation** (Aldine) and **Beyond Health and Normality** (Van Nostrand).

In addition to his clinical and research knowledge of meditation, he has experiential knowledge both from the fifteen months he lived in the Orient and his ten years of personal meditation practice.

He currently lives with his wife and two daughters in Laguna Beach, California where he volunteers as a kindergarten and pre-school teacher and writes Haiku poetry.