

Re: Adverse effects of meditation: a preliminary investigation of long-term meditators.

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From: dhshapir@uci.edu

Subject: Re: Adverse effects of meditation: a preliminary investigation of long-term meditators.

Date: Fri, February 13, 2009 4:10 pm

To: "Matthew Neal" [REDACTED]

HI MATTHEW, ENCLOSED IS THE ARTICLE YOU REQUESTED. I'M ALSO TAKING THE LIBERTY OF ENCLOSING SOME WAYS WE HAVE ADDRESSED ADVERSE EFFECTS THROUGH "MATCHING" CONTROL STRATEGY TO INDIVIDUAL....I.E., CONTROL THERAPY. AS WELL AS THE WEBSITE: CONTROLRESEARCH.NET

IN ANY CASE, GOOD LUCK WITH YOUR WORK! nAMASTE, dR S.>

Dear Dr Shapiro,

>  
> I am currently in the process of researching an essay looking at the  
> evidence of the dangers of meditation and found the abstract which  
> was available of your paper 'Adverse effects of meditation: a  
> preliminary investigation of long-term meditators.' particularly  
> interesting. If possible, I would very much like to read the full  
> text if you have a pdf version available, as I think that your  
> research on this topic will be particularly useful. I would be very  
> grateful for your assistance,

>  
> kind regards,

>  
> Matthew Neal  
> University of Birmingham (UK)

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