

Meditation: Classic and Contemporary Perspectives

Edited by Deane H. Shapiro, Jr. and Roger N. Walsh

This collection of contemporary articles on meditation is the most comprehensive ever assembled on the subject. The editors have selected works that are classics in the field, methodologically interesting, and clinically relevant. Topics include the clinical use of meditation in drug abuse, hypertension, stress and tension management, as well as physiological findings and phenomenological studies dealing with meditation as an altered state of consciousness. Original contributions by leading clinicians, health scientists, and researchers analyze the current state of the art of meditation research, as well as profitable future research directions. A major bibliography of meditation-related work is included.

Deane H. Shapiro, Jr. is currently a faculty member in the Department of Psychiatry and Human Behavior, University of California Irvine Medical Center, California College of Medicine. He is author of the critically acclaimed *Meditation: Self-Regulation Strategy and Altered State of Consciousness*, as well as *Precision Nirvana*, and co-editor (with Roger Walsh) of *Beyond Health and Normality: Explorations of Exceptional Psychological Well Being*.

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Meditation: Self-Regulation and Altered State of Consciousness

Deane H. Shapiro, Jr.

Research has shown meditation to be as effective as any clinical self-regulation strategy available. *Meditation* is the most comprehensive survey in print establishing the credentials of this ancient discipline in modern scientific terms through data-based studies of its cognitive and curative effects.

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