



Prescribing Health: Transcendental Meditation in Contemporary Medical Care

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Prescribing Health: Transcendental Meditation in Contemporary Medical Care includes important contributions from leading experts on Transcendental Meditation and health, and provides the reader with the most important, cutting edge health research on the effects of Transcendental Meditation (TM) on serious mental health problems and medical disorders. It features practical, proven programs to improve health outcomes, decrease morbidity/mortality, and reduce health care costs with a wide range of patient populations. The authors explore advances in neuroscience and the brain changes associated with not only the impact of TM on health recovery, but also the effects of meditation in daily activity and permanent changes in neuropsychological functioning resulting from the purification of consciousness through meditation. Included is coverage of an ancient yet newly introduced approach to therapy, Vedic Psychotherapy, and methods for integrating Transcendental Meditation and other Vedic health approaches into primary medical care.

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Editorial Review

Review

A thick and well-footnoted tome, *Prescribing Health* is not a how-to for people who seek to address their health issues through meditation. What it is, however, is a significant resource for those who work or are interested in the health care field, and would like to learn about the great power meditation has to support wellness in ways not fully understood by modern Western medicine. It brings together a large body of medical work, and seats TM into both the Western and Vedic contexts. Those who would like to be able to recommend meditation to their patients or clients will be able to point to the studies in this book as evidence to bolster their case. (*Parvati Magazine*)

A wonderful exposition of how one of the most powerful meditation techniques can keep you healthy. With extensive data on both physical and mental disorders, this important work provides an extensive review on how Transcendental Meditation works. Important for those looking to incorporate this program into their own lives or the lives of their friends, family, and patients. (Andrew Newberg M.D., author of *How God Changes Your Brain*; Professor of Emergency Medicine and Radiology and Director of Research, Myrna Brind Center of Integrative Medicine, Thomas Jefferson University and Hospital)

This book brings landmark research on Transcendental Meditation and mental health to healthcare providers. It introduces our research on war and violence – beleaguered Africans suffering Post Traumatic Stress – 90% of Congolese refugees became non-symptomatic around 30 days of learning TM. Read this book and apply the findings to reduce PTS and many medical and psychiatric disorders. (David Shapiro, co-author of several articles published in *Journal of Traumatic Stress*; President of PTSD Relief Now, www.ptsdreliefnow.org)

Drs. O'Connell and Bevvino bring together the leaders in the fields of Transcendental Meditation research, and its practical application in the areas of mental and physical health, to highlight the usefulness of this simple mental technique which is transforming the lives of so many. Each chapter provides up-to-date detailed evidence of the psychological and physiological benefits of TM. This book will serve as a welcome resource for psychiatrists, family medicine physicians and internists, and sub-specialists alike. (Gary P. Kaplan, MD, PhD, Clinical Associate Professor of Neurology, Hofstra North Shore – LIJ School of Medicine)

Psychologists David O'Connell and Deborah Bevvino have produced an outstanding volume of the best researchers and most important studies on the effects of the Transcendental Meditation technique for treating disease and promoting health. The breadth, depth, and scope of the TM research is truly amazing. *Prescribing Health* is sure to raise the level of awareness and interest in TM among physicians, psychologists, nurses, and other health care professionals by revealing the promise the TM practice can have for easing the suffering of their patients in a natural, holistic fashion — without harmful side-effects. Here is a major, much-needed contribution to the growing field of integrative medicine for enhancing individual and societal well-being. A worthy effort well done! (Robert Roth, Executive Director, The David Lynch Foundation)

About the Author

David F. O'Connell, Ph.D., M.S, CFC, DABPS, is a board certified forensic psychologist and a medical psychologist. He is also a conditional prescribing psychologist in primary care in New Mexico. He has been practicing Transcendental Meditation for 40 years. He has written about it previously in the *Alcoholism*

Treatment Quarterly and in a previous edited book entitled, *Self Recovery: Treating Addictions Using Transcendental Meditation and Maharishi Ayurveda* (1994). O'Connell has taught graduate level courses in counseling psychology at Rosemont University and undergraduate psychology courses at Drexel University and Alvernia University. He has served on the editorial board of the *Journal of Adolescent Chemical Dependency*. This will be his 7th book.

Deborah L. Bevvino, PhD, NP is currently the behavioral medicine faculty associate in the Family Practice and Community Medicine Residency Program at Reading Hospital & Medical Center. She holds adjunct assistant clinical faculty positions at Penn State University School of Medicine and the Sidney Kimmel Family and Community Medicine College of Jefferson University. She is a practicing psychologist at the Center for Mental Health at Reading Hospital and is also an Adult Nurse Practitioner. She has been practicing Transcendental Meditation and Ayurveda for twenty years.

Users Review

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Nicole Oneal:

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