

Meditation as Medication

More and more counselors are turning to tried and true practices to address the complex, and often untracked, effects of stress. Meditation, though sometimes viewed as an outmoded approach, has been gaining traction recently as an effective strategy for decreasing levels of stress, and, thereby, a patient's There are many aspects of meditation that recommend it as a strategy: it is a completely non-invasive treatment, and, as a bonus, it requires significant input of effort and commitment on the part of the patient. In the range of available approaches to dealing with stress related behavioral disorders, "meditation has been adopted with remarkable success levels in a wide range of populations."¹

Meditation training, as a treatment, refers to a wide variety of MTM (Meditation Training Methods). Some of these methods have been developed in the past few decades, in conjunction with *holistic* medical practices,² and some of which have been used for centuries, in one form or another.³

Origins of Meditation

Some of the earliest written records of meditation come from the Hindu traditions of Vedantism around 1500 BCE. The Vedas discuss the meditative traditions of ancient India.[1] Around the 6th to 5th centuries BCE, other forms of meditation developed in

¹ Miller, Franz. "Meditation Training: An Overview of Recent Programs in the US and Canada." In *Health and Society: A Collection of Recent Healthcare Studies*, edited by J. B. Martins, 224-63. New York: Preston-Gimms Press, 2016.

² Everly, George S., and Jeffrey M. Lating. *A Clinical Guide to the Treatment of the Human Stress Response*. 3d ed. New York: Springer, 2002. <https://link.springer.com/book/10.1007/978-1-4614-5538-7>.

³ Berk, Angela R., and Paul S. Wise. *A History of Meditation*. New York: Weston Falls, 2016.

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Pedoman Umum Ejaan Bahasa Indonesia PUEBI yang benar serta menulis kutipan dan daftar pustaka ataupun bagaimana menterjemahkan dari bahasa Inggris ke bahasa Indonesia dan sebaliknya Taxprime Academy

Writing for Impact: How to Craft Powerful Scientific Articles Balasubramanian Thiagarajan, 2023-02-02 Current day researchers are at cross roads The entire publishing culture and scenario has undergone a sea change Author is now confronted with newer tools that aid their article generation and publication The arrival of digital era has made a quantum difference to the scientific publication scenario The sheer number of publications and the publishers have multiplied rather drastically The present day author hence should have the following skill set in order to publish good scientific papers

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- 2 Dissertation writing
- 3 Scholarly writing
- 4 Preparing project reports for grants

Chapters have been organised in such a way that each one of them can be read in isolation Hope this book would be of help to budding authors and researchers

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How We Write Suzanne Conklin Akbari, 2015 This little book arose spontaneously in the late spring of 2015 when a series of conversations emerged first in a university roundtable on graduate student dissertation writing and then in a rapidly proliferating series of blog posts on the topic of how we write One commentary generated another each one characterized by enormous speed eloquence and emotional forthrightness This collection is not about how TO write but how WE write unlike a prescriptive manual that promises to unlock the secret to efficient productivity the contributors talk about their own writing processes in all their

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