

Altered Traits Science Reveals How Meditation Changes

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Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body is a 2017 book by science journalist Daniel Goleman and neuroscientist Richard Davidson. The book discusses research on meditation. For the book, the authors conducted a literature review of over 6,000 scientific studies on meditation, and selected the 60 that they believed met the highest methodological standards.

~~Altered Traits - Wikipedia~~
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Altered Traits Science Reveals How Meditation Changes Your Mind, Brain, and Body by Daniel Goleman (Author of the Bestselling Books on Emotional Intelligence/Psychologist) & Richard Davidson (Research Professor of Psychology and Psychiatry/Director and Founder of Centre for Healthy Minds at the University of Wisconsin-Madison)

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To answer these questions, look no further than Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body, a new book by journalist Daniel Goleman and prominent neuroscientist Richard Davidson. Putting their decades of research and knowledge together, Davidson and Goleman have written a highly readable book that helps readers separate the wheat from the chaff of mindfulness science.

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Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body. Available as reusable USB drive with downloadable audio files. New York Times–bestselling authors Daniel Goleman and Richard J. Davidson unveil new research showing how meditation affects the brain.

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Altered Traits is a collaborative overview of the history of research on meditation and an analysis of what claims in the mainstream press are legitimate as opposed to those that are overreaching or simply wrong.

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