



How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist

Andrew Newberg MD, Mark Robert Waldman

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God is great-for your mental, physical, and spiritual health. Based on new evidence culled from brain-scan studies and a wide-reaching survey of people's religious and spiritual experiences, neuroscientist Andrew Newberg, MD, and therapist Mark Robert Waldman offer the following breakthrough discoveries: Not only do prayer and spiritual practice reduce stress, but just twelve minutes of meditation per day may slow down the aging process. Contemplating a loving God rather than a punitive God reduces anxiety and depression and increases feelings of security, compassion, and love. Intense prayer and meditation permanently change numerous structures and functions in the brain, altering your values and the way you perceive reality. Both a revelatory work of modern science and a practical guide for listeners to enhance their physical and emotional health, How God Changes Your Brain is a first-of-a-kind book about faith that is as credible as it is inspiring.

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