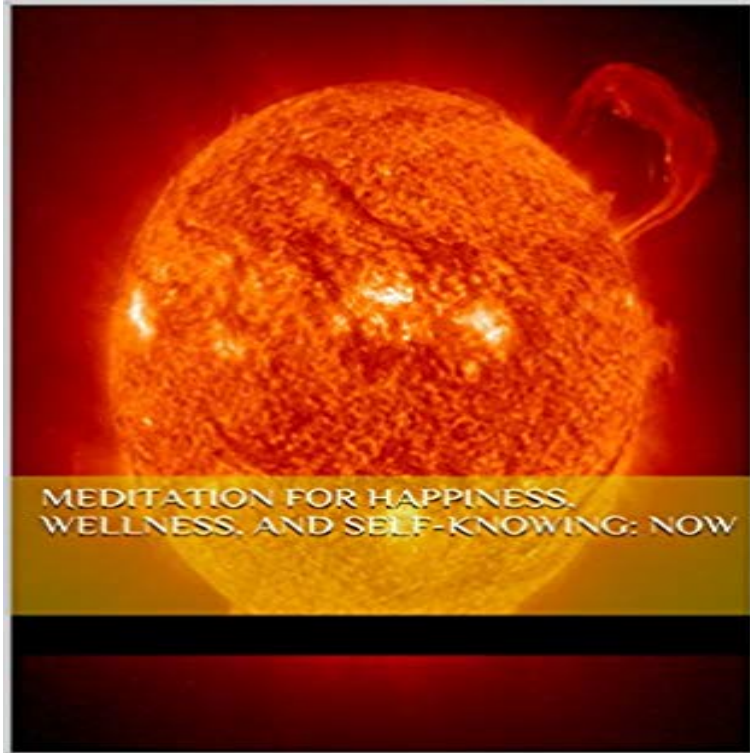


MEDITATION FOR HAPPINESS, WELLNESS, AND SELF-KNOWING: NOW



Meditation for Happiness, Wellness, and Self-knowing Now is the first book to provide a systematic, holistic meditative approach to self-knowing that is based on behavioral science findings. The process uses two proprietary self-evaluation scales. Relationships between self-knowing, happiness, and wellness are explained and readers are shown how to use these to maximize the benefits of meditation. This is also the first book to teach all three kinds of meditation and show readers how to use a quantitative proprietary scale to determine the kind that is most effective for their needs. Meditation for Happiness, Wellness, and Self-knowing Now is an insightful prescriptive guide that explains why meditation is one of the greatest medical discoveries. Pulling from a variety of traditions and scientific research, this title pinpoints how meditation can remove obstacles to happiness, transform relationships, improve problem solving, and cultivate health. Numerous novel learning methods, many of which are proprietary, are presented (e.g., self-evaluation scales, a dramatic novella, games, and a quiz). Meditation for Happiness, Wellness, and Self-knowing Now addresses the problems interfering with learning meditation, such as misconceptions, rambunctious thought, and low motivation. Scientific explanations invite skeptical readers to learn. As an antidote to superficial sensationalism about meditation in the mass media, this book invites readers to explore the perennial meditative state. Meditation may be understood only by experiencing this state, which is the key to the most valuable benefits of meditation. Author David Bezanson, Ph.D., is a licensed clinical psychologist who integrated meditation with psychotherapy. For nine years, he provided psychotherapy in a University of California San Francisco clinic. Dr. Bezanson has national certification in

biofeedback and has taught courses on stress management for five years, courses on meditation for ten years, and clinical applications of meditation as continuing education for psychologists. www.meditationonwheels.org
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