

Mental and productivity benefits of Meditation

- Brain scans show that meditation shifts activity in the prefrontal cortex (behind the forehead) from the right hemisphere to the left. People who have a negative disposition tend to be right-prefrontal oriented; left-prefrontal have more enthusiasms, more interests, relax more, and tend to be happier.
(Dr J. Kabat-Zinn)
- Brain scans of meditators show increased thickness in regions of the cortex associated with higher functions like memory and decision making.
(Massachusetts General Hospital)
- Meditation helps chronically depressed patients, reducing their relapse rate by half. (Dr Z.V. Segal)
- Those with smoking, alcohol, and eating addictions who have been trained in meditation break their addictions with significantly lower relapse rates than those receiving standard therapies.(Dr P.A. Royer-Bounouar)

