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SCIENTIFIC AMERICAN MIND OF THE MEDITATOR UNABRIDGED EBOOKS 2019



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Matthieu Ricard, a Buddhist monk who trained as a cellular biologist before he left France to become a student of Buddhism in the Himalayas; Antoine Lutz, a research scientist at the French National Institute of Health and Medical Research; and Richard J. Davidson, director of the Waisman Laboratory for Brain Imaging and Behavior and the Center for Investigating Healthy Minds at the University of Wisconsin–Madison, report on how neuroscience has demonstrated that meditation has tangible and significant benefits for both body and mind. This article was published in the November 2014 edition of Scientific American.

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