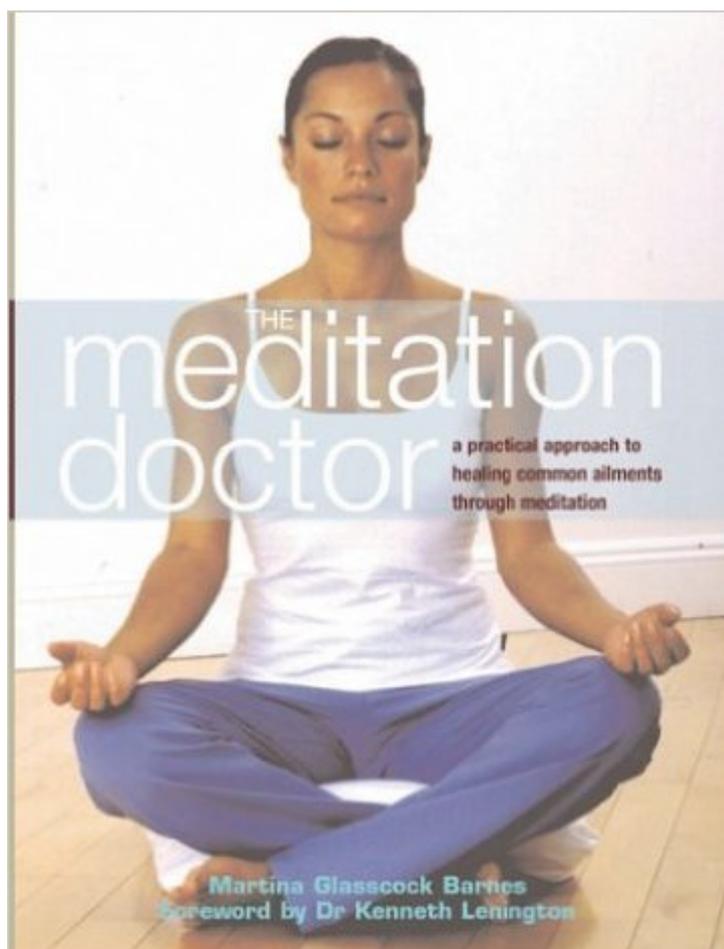


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# The Meditation Doctor: A Practical Approach To Healing Common Ailments Through Meditation



## Synopsis

This book's author, an experienced meditation teacher, describes how meditation can be used to complement standard medical procedures, improving physical health and helping to eliminate stress-related problems. She introduces readers to fundamental principles of self-healing, awareness-building, and creative imagery as techniques for reducing physical pain and emotional distress. Techniques she discusses in detail include body postures, hand positions, breath control, and the Chakra system, among others. She advises on specific meditation solutions to relieve back pain, headaches, fatigue, insomnia, low-grade fevers, colds and flu, respiratory disorders, and digestive problems. She also recommends meditation for emotional problems including anger management, depression, and building self-esteem. Meditation is explained as being useful to enhance life's good and normal aspects, such as the sex and creativity drives. Filled with practical advice and suggestions, *The Meditation Doctor* is a fine resource book for all who are interested in exploring the many benefits of meditation therapy.

## Book Information

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## Customer Reviews

The meditation doctor is a beautifully illustrated and intelligently written book on meditation and healing. It is easy to understand and interesting to read. The introduction and first few chapters do an excellent job of laying down the framework for the rest of the book. What I love about this book is that there are so many meditations to choose from and that they are simple to follow. I have chosen a few to practice with and each time I do one of the meditations, it becomes more and more "mine."

love to do the yogic and movement meditations in the morning. I feel like I am doing more than just stretching. The descriptions of the stretches that the book gives makes them meaningful. If you are new to meditation, this book is a great place to begin, especially if you do not know where to begin. If you are a practiced meditator, this book is a great way to inspire new types of meditations and different experiences in your meditations. This book is not just for those who need a "meditation doctor." It is for all of us who are consciously choosing to be well. Thank you Martina Glasscock Barnes for the beauty with which you have written this book.

The Meditation Doctor has been a beneficial guide for my personal and spiritual growth. Martina Glasscock-Barnes has done an outstanding job on informing and explaining to the reader proper breathing, various sitting positions, history, and providing ways to utilize meditation practices on a daily basis. Before I began meditation practices I was not able to sit still and focus, having characteristics of ADHD. In practicing meditation I have learned how to sit and focus on what my body and mind are telling me. I have learned how to be in tune with my self and my surroundings, and how to release nervous and negative energy. I have done many of Martina's meditations and have had outstanding results, short and long term. I recommend this book for all, beginner or veteran, there is much to be learned and much inner peace to be obtained.

This is a valuable reference book for common ailments and problems we all experience in life. It has such varied and useful non-invasive information in it. One does not have to know how to meditate because the author, Martina Glasscock Barnes describes it in easily applied terms. She shows clearly how to relieve those agonizing little problems that plague our lives; like what to do when your sinuses are clogged. Pictures demonstrating most techniques and postures appear on almost every page. Reflexology points for reducing the symptoms of certain illnesses are so helpful. This book contains a wealth of information for everyone. It promotes wholeness and wellness. If everyone had this reference book, they would experience better health and less visits to the busy doctor's office.

Of all the meditation books I have consulted, The Meditation Doctor is the most beautifully designed and the most accessible while offering resources to those readers who have varying degrees of experience with meditation. I have given this book to many friends and they regularly make references to techniques that help them with sinus headaches, fatigue, and back pain. The colorful photographs and illustrations along with the inspiring meditations make this the perfect mind-body text.

Author Martina Glasscock Barnes has started me on my way to a healthier body, mind, and spirit through meditation and visualization. I have been meditating 10-15 minutes a day I feel true benefits. As a complete novice I appreciated her step-by step approach and photographs. She writes with clarity and brevity yet addresses the vastness and depth of the subject at hand. This book would make a great gift - to yourself or a friend.

Always wondered how to get started or if I was doing it right. Very helpful and informative. The pictures were a great help as well as the step by step directions, and different positions to try if one is not comfortable for your problem.

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