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Stress," a
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shown that there
are several ways

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that meditation
can change the
brain's
structure and
function:
Enlarges the
prefrontal
cortex. This
area of the
brain is
responsible for
rational
decision-making.
Studies have

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the amygdala.
The amygdala is
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structure known
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learn specific
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body and mind, plus four guided practices to strengthen their meditative abilities, and four guided meditations to heal and nourish their relationships.

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