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- Relationships
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- Mid-Life
- Obesity
- Postpartum Disorder
- Social Phobia

ADHD@roadmap.com

An advertisement for ADHD@roadmap.com. It features a vertical layout with a green border. The text reads: "Want Others to See The Unique Talents You See in Your Child With ADHD?", "Get a FREE ADHD Road Map to Success Kit", and "That includes: Tools to help you and your child develop goals, Tips to help your child improve at school and at home, Steps to help build your support team". At the bottom is a small photo of a child.



### The Benefits of Meditation

The brain waves of meditators show why they're healthier. Neuroscientists have found that meditators shift their brain activity to different areas of the cortex—brain waves in the stress-prone right frontal cortex move to the calmer left frontal cortex. In other words, they were calmer and happier than before.

By: Colin Allen

Maybe meditation isn't so mysterious after all. Neuroscientists have found that meditators shift their brain activity to different areas of the cortex - brain waves in the stress-prone right frontal cortex move to the calmer left frontal cortex. This mental shift decreases the negative effects of stress, mild depression and anxiety. There is also less activity in the amygdala, where the brain processes fear.

Jon Kabat-Zinn, Ph.D., of the University of Massachusetts Medical School, recorded the brain waves of stressed-out employees of a high-tech firm in Madison, Wisconsin. The subjects were split randomly into two groups, 25 people were asked to learn meditation over eight weeks, and the remaining 16 were left alone as a control group.

All participants had their brain waves scanned three times during the study: at the beginning of the experiment, when meditation lessons were completed eight weeks later and four months after that. These researchers found that the meditators showed a pronounced shift in activity to the left frontal lobe. In other words, they were calmer and happier than before. The study will be published in the next issue of *Psychosomatic Medicine*.

For more on meditation, [click here](#).

Psychology Today, April 24, 2003  
Article ID: 2716

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