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# The Blissful Brain

## By Dr Shanida Nataraja

Neuroscience and proof of the power of meditation

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**BRAIN AWARENESS WEEK 10-16<sup>th</sup> MARCH 2008**

How important is meditation for our health and wellbeing? Is it merely a soothing relaxation technique with no long-term benefits, or is it in fact a vital healthcare practice that deserves wider recognition and higher public regard? In this groundbreaking new book, expert author Dr Nataraja provides a fresh perspective on this timeless practice.

- **What goes on in the brain when we meditate?**
- **Are we biologically programmed to need religious and mystical experiences?**
- **Can the benefits of meditation be measured?**

In *The Blissful Brain* Dr Shanida Nataraja explores the extraordinary research that shows practices such as meditation, tai chi and yoga are not only helpful in reducing stress; they may actually be crucial for good health and optimal brain functioning. From the effects of meditation on blood pressure and depression to the latest insights from brain imaging studies, this book reveals the scientific evidence that proves meditative practices should be at the very heart of our healthcare system.

### THE AUTHOR

Dr Shanida Nataraja has a PhD in Neurophysiology from University College, London. Her research thesis focused on learning and memory and continued researching in this field, holding a post-doctoral research position at the Johns Hopkins School of Medicine in Baltimore, Maryland. Shanida is currently Scientific Director at a medical education agency producing materials in the field of cardiology, oncology, psychiatry and women's health. Shanida regularly meditates and practices yoga and in 2004 collaborated in the development of a seminar on the benefits of meditation, Tai Chi and Chi Gung for professionals.

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