REFERENCES

Akash Gautam (December 5, 2010), Article: Stress Management with Akash Gautam.


Appel PR, Bleiberg J (October 1, 2005), The American Journal of Clinical Hypnosis, Category: Complementary Medicine, Tags: Am J Clin Hypn Source Type: journals ‘Pain reduction is related to hypnotisability but not to relaxation or to reduction in suffering’


Assen Alladin (November 18, 2009), Contemporary Hypnosis, Category: Psychiatry & Psychology Source Type: journals ‘Evidence-based cognitive hypnotherapy for depression’.


Cathy Wong, About.com Guide (January 31, 2008) Article: Melatonin and Meditation Health's Disease and Condition content is reviewed by our Medical Review Board


Copyright © 2000 Institute for the Study of Healthcare Organizations & Transactions


Dietlind Wahner-Roedler, Tony Chon, Laura Loehrre, Amit Sood (April 30, 2009), Source: Explore, Category: Nursing Tags: Abstracts Source Type: journals

Dr. Bee Epstein-Shepherd (2007) Article: A Hypnotic Approach to Anti-Aging

Dr. Ellen Weber (November 19, 2007), Article: Stress Strikes Gender Differences.


Elaine J. Yuen, PhD, Jefferson Medical College, Thomas Jefferson University, (November 6th 2004) Article: Meditation and Healthy Aging, Suite 119, 1025
Elizabeth Scott, M.S., (September 13, 2010) Article: Benefits of Meditation for Stress Management.

Eureka Alert (October 7, 2008) Article: Compassion meditation may improve physical and emotional responses to psychological stress, Source: Biology, Category: Biology Source Type: news

Feldman JB (January 1, 2009), The American Journal of Clinical Hypnosis, Category: Complementary Medicine Tags: Am J Clin Hypn Source Type: journals ‘Expanding hypnotic pain management to the affective dimension of pain’

Gritzalis N, Oster M, Frischholz EJ (October 1, 2009), The American Journal of Clinical Hypnosis, Category: Complementary Medicine Tags: Am J Clin Hypn Source Type: journals


Health Psychology, 14(6):537-47


Istvan Schreiner James P Malcolm (November 4, 2008), Article: The Benefits of Mindfulness Meditation: Changes in Emotional States of Depression, Anxiety, and Stress, Source: Behaviour Change, Category: Psychiatry & Psychology Source Type: journals


John F. Kihlstrom, PhD (03.26.2004 11:02 PM)


Karen Hastings (Published: 6/9/2007)


Laura Fraser (May 2005) Article: The Anti-Aging Effects of Meditation, Originally published in MORE magazine.


Lesmana CB, Suryani LK, Jensen GD, Tilopoulos N (June 30, 2009), The American Journal of Clinical Hypnosis - Category: Complementary Medicine ats: Am J Clin Hypn Source Type: journals

M. Pilar Matud (November 2004), Gender differences in stress and coping styles. Personality and Individual Differences, 37, 7, 1401-1415.

Martin Bohn (Nov 28, 2008) Article: Meditation Increases Brain Size

Masud Yunesian, Afshin Aslani, Javad H Vash and Abbas Bagheri Yazdi (November 1, 2008), Article: Effects of transcendental meditation on mental health: a before-after study Source: Clinical Practice and Epidemiology in Mental Healt, Category: Psychiatry, Source Type: journals

Money matter: A meta-analytic review of the association between financial compensation and the experience and treatment of chronic pain.


News Editor (January 1, 2008) Article: Meditation can aid stress management, Source: CounsellingResource.com News and Features, Category: Psychiatry & Psychology Source Type: news


Pantesco VF (January 1, 2005), The American Journal of Clinical Hypnosis, Category: Complementary Medicine Tags: Am J Clin Hypn Source Type: journals 'The body's story: a case report of hypnosis and physiological narration of trauma'


Raz A, Schwartzman D, Guindi D (October 1, 2008), The American Journal of Clinical Hypnosis Category: Complementary Medicine Tags: Am J Clin Hypn Source Type: journals 'Hemihypnosis, hypnosis, and the importance of knowing right from trend'

Research Finds Meditation Thickens the Grey Matter of the Brain

Reuters Health (October 8, 2007) Article: Brief meditation boosts attention, curbs stress Category: Consumer Health News Tags: Health News Source Type: news

Roberto Sedycias (December 15, 2010), Article: Ways To Relieve Stress In Your Life.


Shai D. Bronshtein (Friday, December 16, 2005), Article: Meditation Shown to Reduce Aging Study shows meditation to have long-term physical effects

Sheryl Walters (Sunday, July 06, 2008) article: ‘Study Shows Meditation Lowers Stress’

Sheryl Walters, citizen journalist (Sunday, July 06, 2008) Article: Meditation Lowers Stress

Source: Article by William J. Cromie from Harvard News Office, Harvard University.


Vora Medical publications, Mumbai, 2001


Wiggins, J.G.(1994) Would you want your child to be a psychologist?

Yapko Michael (Oct 01, 2009)

Yexley MJ (January 1, 2007), The American Journal of Clinical Hypnosis, Category: Complementary Medicine, Tags: Am J Clin Hypn Source Type: journals ‘Treating postpartum depression with hypnosis’