

BACK COVER

The book illustrates the PNEIMED method, a Psychoneuroimmunology based meditation - a new validated method, combining Advanced Science, Ancient Philosophy and Meditation practice - its premises, goals and the differences with other methods.

The book also present the results of a published trial, conducted on a significant sample of PNEIMED participants which the Authors consider as an encouragement for all those who follow the path of awareness.

A path that, as the current Dalai Lama teaches, cannot be separated from scientific validation.

THE AUTHORS

Antonia Carosella, Lecturer of stress management and meditation, post-graduate course for Medical Doctors and Psychologists, L'Aquila University, Italy.

Francesco Bottaccioli, Founder and President (hon.) Italian Society of Psychoneuroendocrinoimmunology. Lecturer of Psychoneuroendocrinoimmunology, post-graduate course for Medical Doctors and Psychologists, L' Aquila University, Italy.