

Guided meditation bibliography

Compiled 2017

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I am a strong believer in evidence-based practice. Over the years I have returned to the research on guided meditation over and over again, and with pleasure I have seen the evidence grow to support its benefits. This bibliography compiled in 2017 focused on the 'new' evidence, published within the last 5 years or so, with the exception of a few pretty exceptional works. Enjoy! - Gale

Seminal works by leading authors

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