



Calming the Brain through Mindfulness and Christian Meditation

Dr. Mark Beischel

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Most people go to their family doctor for stress and anxiety, hoping for medication. According to *Relaxing the Brain through Mindfulness and Christian Meditation*, there is a better and cheaper way—mindfulness and Christian meditation based on Scripture. We have to learn to let go of the anxieties of the past and future through meditation. It amounts to "letting go of selfish demands to be at peace in the presence of God."

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