

## Link List

### Studies About Meditation

#### 1 preserve aging of the brain

[newsroom.ucla.edu/releases/forever-young-meditation-might-slow-the-age-related-loss-of-gray-matter-in-the-brain-say-ucla-researchers](http://newsroom.ucla.edu/releases/forever-young-meditation-might-slow-the-age-related-loss-of-gray-matter-in-the-brain-say-ucla-researchers)

#### 2 diminish fear and anxiety – strengthens the frontal lobes

[www.frontiersin.org/articles/10.3389/fnhum.2012.00292](http://www.frontiersin.org/articles/10.3389/fnhum.2012.00292)

Effects of mindful-attention and compassion meditation training on amygdala response to emotional stimuli in an ordinary, non-meditative state

[Gaëlle Desbordes<sup>1,2\\*</sup>](#), [Lobsang T. Negi<sup>3</sup>](#), [Thaddeus W. W. Pace<sup>4</sup>](#), [B. Alan Wallace<sup>5</sup>](#), [Charles L. Raison<sup>6</sup>](#) and [Eric L. Schwartz<sup>2,7</sup>](#)

#### 3 same effect like antidepressants

[www.forbes.com/sites/alicegwalton/2014/01/07/for-depression-treatment-meditation-might-rival-medication/?sh=653215bb3b95](http://www.forbes.com/sites/alicegwalton/2014/01/07/for-depression-treatment-meditation-might-rival-medication/?sh=653215bb3b95)

#### Original Investigation

March 2014

#### Meditation Programs for Psychological Stress and Well-being

A Systematic Review and Meta-analysis

[Madhav Goyal, MD, MPH<sup>1</sup>](#); [Sonal Singh, MD, MPH<sup>1</sup>](#); [Erica M. S. Sibinga, MD, MHS<sup>2</sup>](#); et al [Neda F. Gould, PhD<sup>3</sup>](#); [Anastasia Rowland-Seymour, MD<sup>1</sup>](#); [Ritu Sharma, BSc<sup>4</sup>](#); [Zackary Berger, MD, PhD<sup>1</sup>](#); [Dana Sleicher, MS, MPH<sup>3</sup>](#); [David D. Maron, MHS<sup>4</sup>](#); [Hasan M. Shihab, MBChB, MPH<sup>4</sup>](#); [Padmini D. Ranasinghe, MD, MPH<sup>1</sup>](#); [Shauna Linn, BA<sup>4</sup>](#); [Shonali Saha, MD<sup>2</sup>](#); [Eric B. Bass, MD, MPH<sup>1,4</sup>](#); [Jennifer A. Haythornthwaite, PhD<sup>3</sup>](#)

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*JAMA Intern Med.* 2014;174(3):357-368. doi:10.1001/jamainternmed.2013.13018  
[jamanetwork.com/journals/jamainternalmedicine/fullarticle/1809754](http://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1809754)

#### **4 Areas for learning and memory increases in cortical thickness.**

#### **Meditation may lead to volume changes in key areas of the brain**

These are perfect preconditions for new motor learning programs which were already lost.

#### **Journal Reference:**

1. Catherine E. Kerr, Stephanie R. Jones, Qian Wan, Dominique L. Pritchett, Rachel H. Wasserman, Anna Wexler, Joel J. Villanueva, Jessica R. Shaw, Sara W. Lazar, Ted J. Kaptchuk, Ronnie Littenberg, Matti S. Hämäläinen, Christopher I. Moore. **Effects of mindfulness meditation training on anticipatory alpha modulation in primary somatosensory cortex.** *Brain Research Bulletin*, 2011; DOI: [10.1016/j.brainresbull.2011.03.026](https://doi.org/10.1016/j.brainresbull.2011.03.026)

#### **5 Increase of attention and concentration**

[www.pnas.org/content/104/43/17152](http://www.pnas.org/content/104/43/17152)

#### **RESEARCH ARTICLE**

#### **Short-term meditation training improves attention and self-regulation**

Yi-Yuan Tang, Yinghua Ma, Junhong Wang, Yaxin Fan, Shigang Feng, Qilin Lu, Qingbao Yu, Danni Sui, Mary K. Rothbart, Ming Fan, and Michael I. Posner

See all authors and affiliations

PNAS October 23, 2007 104 (43) 17152-17156; <https://doi.org/10.1073/pnas.0707678104>

1. Contributed by Michael I. Posner, August 16, 2007 (received for review July 26, 2007)

#### **6 stress Relief**

[www.health.harvard.edu/blog/mindfulness-meditation-may-ease-anxiety-mental-stress-201401086967](http://www.health.harvard.edu/blog/mindfulness-meditation-may-ease-anxiety-mental-stress-201401086967)

#### **7 Meditation helps with addiction.**