

alan watts meditation app

alan watts meditation app is an innovative tool designed to bring the profound teachings and philosophy of Alan Watts into the realm of mindfulness and meditation practice. This app combines Watts' unique approach to Eastern philosophy with modern meditation techniques, offering users an accessible way to deepen their understanding of self-awareness, presence, and spiritual insight. With features like guided meditations, audio lectures, and reflective exercises, the alan watts meditation app caters to beginners and experienced meditators alike. It emphasizes the integration of Watts' interpretations of Zen, Taoism, and Hinduism to cultivate a more meaningful meditation experience. This article will explore the features, benefits, and unique aspects of the alan watts meditation app, providing a comprehensive overview of how it supports mental clarity and spiritual growth. The following sections will guide readers through the app's main components, its philosophical grounding, user experience, and practical applications.

- Overview of the Alan Watts Meditation App
- Core Features and Functionalities
- The Philosophical Foundation Behind the App
- Benefits of Using the Alan Watts Meditation App
- User Experience and Accessibility
- How to Incorporate the App into Daily Practice

Overview of the Alan Watts Meditation App

The alan watts meditation app is designed to bridge traditional Eastern philosophy with contemporary meditation practices. It offers a unique approach by embedding the wisdom of Alan Watts directly into guided sessions and educational content. Unlike generic meditation apps, this app focuses on philosophical depth, encouraging users to explore the nature of consciousness and existence through Watts' teachings. Its content is curated to promote mindfulness, self-inquiry, and a deeper connection to the present moment.

Purpose and Target Audience

The primary purpose of the alan watts meditation app is to provide a platform for individuals interested in exploring meditation with a philosophical underpinning. It appeals to those who seek more than relaxation, offering a

path toward spiritual insight and mental clarity. The app targets users ranging from beginners looking for accessible meditation guidance to advanced practitioners interested in Watts' interpretations of metaphysical concepts.

Development and Authenticity

Developed with careful attention to the original works and lectures of Alan Watts, the app ensures authenticity in its content. It collaborates with experts in philosophy and meditation to maintain fidelity to Watts' messages while adapting them for modern digital use. This commitment to accuracy makes the alan watts meditation app a reliable source for those studying Watts' philosophy in a practical meditation context.

Core Features and Functionalities

The alan watts meditation app offers a variety of features tailored to enhance the meditation experience through philosophical teachings and practical exercises. Its design balances educational content with interactive tools, creating a comprehensive mindfulness resource.

Guided Meditations Inspired by Alan Watts

One of the standout features is the collection of guided meditations that incorporate Watts' voice or interpretations of his teachings. These sessions focus on themes such as presence, impermanence, and the illusion of self, encouraging deep reflection alongside relaxation. The guided meditations vary in length, allowing users to fit practice sessions into busy schedules.

Audio Lectures and Philosophical Insights

The app includes a library of audio lectures that delve into Watts' explanations of Eastern philosophies like Zen Buddhism, Taoism, and Vedanta. These lectures are paired with meditation exercises to help users integrate the concepts into their daily lives. The combination of theory and practice enriches the meditation experience.

Personalized Meditation Plans

To accommodate diverse user needs, the alan watts meditation app provides personalized meditation plans based on user preferences and experience levels. These plans suggest specific guided sessions and reflective practices to facilitate gradual progress and sustained engagement.

Tracking and Progress Features

Users can monitor their meditation habits through tracking tools included in the app. These features help maintain consistency and motivate users by displaying milestones and progress over time. Tracking also enables users to identify patterns and optimize their meditation routines.

The Philosophical Foundation Behind the App

The alan watts meditation app is deeply rooted in the philosophical teachings of Alan Watts, who was instrumental in interpreting Eastern spirituality for Western audiences. Understanding this foundation is key to appreciating the app's unique approach to meditation.

Alan Watts' Interpretation of Eastern Philosophy

Watts interpreted complex philosophies such as Zen, Taoism, and Hinduism in a way that emphasizes the unity of existence and the importance of living fully in the present moment. His work challenges conventional perceptions of self and reality, encouraging a more fluid understanding of consciousness. The app translates these ideas into practical meditation exercises that foster experiential insight.

Focus on Non-Duality and Presence

Central to Watts' philosophy is the concept of non-duality – the idea that distinctions between self and other, subject and object, are ultimately illusory. The alan watts meditation app guides users toward realizing this principle through mindfulness practices that emphasize presence and direct experience.

Integration of Spirituality and Mindfulness

The app integrates spiritual exploration with mindfulness, creating a holistic practice that cultivates both inner peace and philosophical awareness. This integration distinguishes it from standard meditation apps that may focus solely on relaxation or stress reduction.

Benefits of Using the Alan Watts Meditation App

Users of the alan watts meditation app can expect a range of benefits that extend beyond typical meditation outcomes. These benefits arise from the app's unique blend of philosophical depth and practical mindfulness techniques.

Enhanced Mental Clarity and Focus

Regular practice using the app's guided meditations can improve concentration and reduce mental clutter. The philosophical teachings encourage users to question habitual thought patterns, fostering clearer perception and cognitive flexibility.

Deeper Spiritual Understanding

The app's focus on Watts' interpretation of Eastern spirituality supports users in developing a profound understanding of concepts like impermanence, interconnectedness, and the nature of self. This understanding can lead to transformative personal insights.

Stress Reduction and Emotional Balance

Incorporating mindfulness and meditative breathing exercises, the app helps users manage stress and cultivate emotional resilience. The calming effect of meditation combined with reflective philosophy supports holistic well-being.

Support for a Consistent Meditation Practice

With features like personalized plans and progress tracking, the app encourages regular practice, which is essential for experiencing lasting benefits. The structure and guidance reduce barriers often encountered in self-directed meditation.

- Improved concentration and mental clarity
- Increased spiritual insight and awareness
- Reduced stress and enhanced emotional regulation
- Motivation for sustained meditation habits

User Experience and Accessibility

The alan watts meditation app is designed with user experience in mind, ensuring accessibility and ease of use for a diverse audience. Its interface balances functionality with a calming aesthetic that enhances engagement.

Intuitive Interface and Navigation

The app features a clean, user-friendly interface that allows users to easily access meditation sessions, lectures, and progress tracking. Clear categorization of content and simple navigation enhance the overall experience.

Accessibility Features

Recognizing the importance of inclusivity, the app incorporates accessibility features such as adjustable audio playback speeds, subtitles for audio content, and customizable session lengths. These options accommodate varying user needs and preferences.

Compatibility and Platforms

The alan watts meditation app is available on multiple platforms, including iOS and Android devices, ensuring broad accessibility. Its lightweight design supports smooth performance even on older devices.

How to Incorporate the App into Daily Practice

Maximizing the benefits of the alan watts meditation app involves integrating its features into a consistent daily routine. Structured use coupled with mindful reflection enhances the impact of the app's teachings.

Setting Realistic Meditation Goals

Users are encouraged to start with manageable session lengths and gradually increase duration as comfort and focus improve. Setting achievable goals promotes sustained engagement and reduces the risk of burnout.

Combining Guided Meditations with Self-Reflection

Following guided sessions with quiet self-reflection or journaling helps internalize the philosophical insights presented. This practice deepens understanding and supports personal growth.

Using the App as a Complement to Other Mindfulness Practices

The alan watts meditation app can be effectively combined with other mindfulness or spiritual practices, such as yoga, breathing exercises, or

contemplative reading. This integration fosters a well-rounded approach to mental and spiritual health.

1. Begin with short daily guided meditations.
2. Reflect on philosophical teachings through journaling.
3. Gradually increase meditation duration over time.
4. Incorporate complementary mindfulness activities.
5. Track progress and adjust goals as needed.

Frequently Asked Questions

What is the Alan Watts meditation app?

The Alan Watts meditation app is a mobile application that features guided meditations, talks, and teachings inspired by the philosophy and insights of Alan Watts, helping users explore mindfulness and spirituality.

Which platforms is the Alan Watts meditation app available on?

The Alan Watts meditation app is typically available on both iOS and Android platforms, accessible via the Apple App Store and Google Play Store.

Does the Alan Watts meditation app include original recordings by Alan Watts?

Yes, many versions of the Alan Watts meditation app include original audio recordings and lectures by Alan Watts, alongside guided meditations inspired by his teachings.

Is the Alan Watts meditation app free to use?

The app usually offers a free version with basic content, while premium features and additional guided meditations may require a subscription or one-time purchase.

What kind of meditation techniques does the Alan

Watts meditation app focus on?

The app focuses on mindfulness, Zen meditation, and philosophical reflections rooted in Eastern traditions, reflecting Alan Watts' approach to spirituality and consciousness.

Can beginners benefit from the Alan Watts meditation app?

Absolutely, the app is designed to be accessible for beginners and experienced meditators alike, providing clear guidance and philosophical context to deepen meditation practice.

Does the Alan Watts meditation app provide daily meditation reminders?

Many versions of the app include customizable daily reminders and notifications to help users maintain a consistent meditation practice.

How does the Alan Watts meditation app differ from other meditation apps?

Unlike typical meditation apps, the Alan Watts meditation app uniquely combines philosophy, lectures, and meditation practices inspired by Alan Watts, offering a more contemplative and intellectual approach to mindfulness.

Can I use the Alan Watts meditation app offline?

Some features and downloaded content within the Alan Watts meditation app may be accessible offline, but streaming or accessing new content typically requires an internet connection.

Additional Resources

1. The Way of Zen by Alan Watts

This classic book by Alan Watts explores the principles and history of Zen Buddhism. It provides insightful explanations on meditation practices, Zen philosophy, and how to integrate mindfulness into everyday life. The book serves as an excellent guide for those using meditation apps inspired by Watts' teachings.

2. Become What You Are by Alan Watts

In this collection of essays, Watts delves into self-identity, consciousness, and the nature of reality. The book encourages readers to embrace their true selves through meditative awareness and philosophical inquiry. It complements meditation app content by deepening understanding of inner experience.

3. *The Wisdom of Insecurity by Alan Watts*

Watts addresses the human struggle with uncertainty and the desire for security in this profound work. He suggests meditation as a means to surrender control and live fully in the present moment. This book aligns closely with meditation app themes of acceptance and mindfulness.

4. *Zen Mind, Beginner's Mind by Shunryu Suzuki*

Though not by Watts, this seminal text beautifully complements his teachings on Zen and meditation. Suzuki emphasizes the importance of maintaining a beginner's mind—open, eager, and free of preconceptions—in meditation practice. It's a valuable resource for app users seeking to deepen their meditation experience.

5. *The Book on the Taboo Against Knowing Who You Are by Alan Watts*

Watts challenges conventional views of the self and explores the illusion of separateness in this thought-provoking book. He invites readers to experience a meditative realization of interconnectedness and unity. This book is ideal for meditation practitioners interested in spiritual awakening.

6. *This Is It: and Other Essays on Zen and Spiritual Experience by Alan Watts*

A collection of essays that illuminate the nature of spiritual experience and the practice of Zen meditation. Watts offers accessible insights that help readers embrace the present moment with clarity and joy. The essays provide meaningful context for meditation app content inspired by his philosophy.

7. *Nature, Man and Woman by Alan Watts*

In this book, Watts explores the relationship between humanity and the natural world through a Zen perspective. He discusses the balance of masculine and feminine energies and their role in spiritual practice. The text enriches meditation app users' understanding of harmony and balance.

8. *The Joyous Cosmology: Adventures in the Chemistry of Consciousness by Alan Watts*

Watts recounts his experiences with altered states of consciousness and their connection to meditation and spirituality. This book blends science, philosophy, and personal insight to explore expanded awareness. It offers a unique perspective for meditation app users curious about consciousness exploration.

9. *In My Own Way: An Autobiography by Alan Watts*

Watts' autobiography provides a personal look at his journey into Eastern philosophy, meditation, and teaching. Readers gain insight into the life experiences that shaped his approach to spirituality and mindfulness. This book adds depth to the meditation app experience by sharing the man behind the teachings.

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alan watts meditation app: Summary of The Way of Zen by Alan Watts QuickRead, Alyssa Burnette, Learn about the history and practice of Zen. Have you ever felt a longing for peace or for a simpler time? Have you ever wondered, "What's the meaning of life?" In our chaotic modern society, many of us are bombarded with these daily longings and concerns, and we often feel helpless to find answers. *The Way of Zen* (1957) invites us to take a step back by exploring the history and practice of Zen. (Fun fact: Zen and Buddhism are not the same thing!) As we understand the tenets of Zen and apply them to our lives, Alan W. Watts posits that we will find peace and calm. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. **DISCLAIMER:** This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at hello@quickread.com.

alan watts meditation app: *Secrets of Meditation* Isabella Kim, AI, 2025-02-14 *Secrets of Meditation* explores meditation as a path to spiritual growth, inner peace, and self-discovery. The book highlights meditation's central role across diverse spiritual traditions like Hinduism, Buddhism, and Taoism, presenting it not just as relaxation but as a tool for enlightenment. Intriguingly, the book links ancient wisdom to contemporary understanding, providing a framework suitable for both beginners and experienced practitioners. The book examines meditation's historical context, scientific validation, and practical applications. It begins by introducing fundamental concepts, then explores specific traditions like Buddhist mindfulness and Taoist internal alchemy. By integrating spiritual and scientific dimensions, *Secrets of Meditation* avoids dogmatism, offering a balanced perspective that respects diverse traditions while acknowledging scientific evidence supporting meditation's benefits, such as emotional regulation and stress reduction. The book progresses by delving into neuroscience and psychology studies, and concludes with practical guidance for establishing a personal meditation practice and cultivating consistency.

alan watts meditation app: *Meditation For Dummies* Stephan Bodian, 2016-05-23 Take an inward journey for a happier, healthier life. Meditation has been used for centuries to reduce stress, increase energy, and enhance overall health and well-being—so it's no wonder more and more people in today's fast-paced and stress-centric world are adopting this age-old practice. If you want to achieve a greater state of calmness, physical relaxation, and psychological balance, *Meditation For Dummies* is your life raft. Covering the latest research on the health benefits of meditation, this new edition explains in plain English how you can put meditation into practice today and start reaping the benefits of living a more mindful life. Whether you're new to meditation or a seasoned practitioner coming back for a refresher course, this plain-English guide provides a wealth of tips and techniques for sitting (or lying) down with your mind to meditate successfully. From preparing your body for meditation to focusing your awareness and being open to the present moment, it covers everything you need to put distractions to rest and open yourself up to a meditation practice that works for you. Provides the latest research on the causes of happiness and how meditation can improve your mood. Includes a new chapter on the growing trend of meditation in the workplace. Explains how meditation and other mindfulness practices have made their way into hospitals, schools, prison, and military groups. Illustrates the benefits of taking time to consciously cultivate mindfulness through meditation. If you're ready to find some zen and benefit from all meditation has to offer, this friendly guide sets you up for success.

alan watts meditation app: *Shadow Work Journal: The Buddha Way* Myra Dawn, 2024-05-09 •

A Whole New Approach to the Shadow Work • Unveil Your Inner Buddha • 51 Powerful Prompts that Will Help You to Heal and Embrace. Welcome to Shadow Work Journal: The Buddha Way, a groundbreaking approach to inner exploration and personal growth. In our first edition, this journal offers a whole new approach to shadow work, blending ancient wisdom with modern insights. With 51 thought-provoking prompts inspired by Buddha's teachings, each page invites you to delve deep into the shadows of your soul. Whether you're embarking on this journey for the first time or seeking to deepen your practice, this journal serves as the perfect companion to guide you along the way. The exercise in our series, Shadow Work Journal: The Buddha Way offers fresh perspectives and expanded exercises to enrich your experience. With each prompt, you'll uncover hidden truths, confront limiting beliefs, and embrace the fullness of your being. Join us on this sacred journey of self-discovery and healing. Embrace the shadows, embrace the light, and awaken to the profound wisdom that lies within.

alan watts meditation app: Psychic , 1972

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alan watts meditation app: Thrive Arianna Huffington, 2015-03-17 #1 NEW YORK TIMES BESTSELLER • Arianna Huffington's impassioned and compelling case for the need to redefine what it means to be successful in today's world—now in a 10th anniversary edition featuring a new preface “A captivating look at what it takes to live a more meaningful, satisfying life. Brimming with passion, supported by science, and crowned with practical insights, Arianna Huffington's exceptional book will transform our workplaces, schools, and families.”—Adam Grant, bestselling author of Think Again Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye—the result of a fall brought on by exhaustion. The cofounder and editor-in-chief of the Huffington Post Media Group—which became one of the fastest growing media companies in the world—and celebrated as one of the world's most influential women, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram to find out if there was any underlying medical problem beyond exhaustion, she wondered, Is this really what success is like? In the past decade, and especially in today's post-pandemic world, people are realizing there is far more to living a truly successful life than just earning a bigger salary and climbing the career ladder. Our relentless pursuit of the two traditional metrics of success—money and power—has led to an epidemic of burnout and illness, and an erosion in the quality of our relationships, our family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. We need a new way forward. In Thrive, Huffington has written a passionate call to arms, as timely today as it was when it was first published more than ten years ago, looking to redefine what it means to be successful in today's world. Huffington likens our drive for money and power to two legs of a three-legged stool. It may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg—a Third Metric for defining success. In this deeply personal book, Huffington talks candidly about her own challenges with managing time and prioritizing the demands of a career and a family, the harried dance that led to her collapse—and to her “aha moment.” Drawing on the latest

groundbreaking research and scientific findings in the fields of psychology, neuroscience, and physiology that show the transformative effects of our five foundational daily behaviors—sleep, food, movement, stress management, and connection—Huffington shows us the way to a revolution in our culture, our thinking, our workplaces, and our lives.

alan watts meditation app: The Essence of Alan Watts: Meditation Alan Watts, 1974

alan watts meditation app: Restart Your Heart Aseem Desai, 2020-09-01 Amazon Best Seller in Heart Disease Compelling, expert advice on how to live fearlessly with atrial fibrillation AFib patients, their family, friends, and caregivers are often misinformed about the latest research, advancements, and treatments. In this life-changing book, renowned cardiac electrophysiologist Dr. Aseem Desai diminishes the worry and confusion that come with an AFib diagnosis by presenting you with the latest medical information in a concise and positive way. Dr. Desai has made it his mission to significantly improve the lives of those diagnosed with AFib and to offer hope and encouragement to patients and their loved ones. Filled with innovative knowledge and vivid illustrations, Restart Your Heart will empower and inspire you by providing straightforward answers and options to deal with this complex disease. In this comprehensive guide to living your best life with AFib, you will:

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Restart Your Heart delivers cutting-edge information, options, and solutions that will afford you a newfound sense of comfort, confidence, and control.

alan watts meditation app: Darshana International , 1980

alan watts meditation app: Spirit Tech Wesley J. Wildman, Kate J. Stockly, 2025-08-22

Featuring a Foreword by Mikey Siegel, founder of Consciousness Hacking. Technology can now control the spiritual experience. This is a journey through the high-tech aids for psychological growth that are changing our world, while exploring the safety, authenticity and ethics of this new world. We already rely on technology to manage our health, sleep, relationships, and finances, so it's no surprise that we're turning to technological aids for the spiritual journey. From apps that help us pray or meditate, to cybernauts seeking the fast track to nirvana through magnetic brain stimulation, we are on the brink of the most transformative revolution in the practice of religion: an era in which we harness the power of spirit tech to deepen our experience of the divine. Spirit tech products are rapidly improving in sophistication and power, and ordinary people need a trustworthy guide. Through their own research and insiders' access to the top innovators and early adopters, Wesley J. Wildman and Kate J. Stockly take you deep inside an evolving world:

- Find out how increasingly popular wearables work on your brain, promising a shortcut to transformative meditative states.
- Meet the inventor of the God Helmet who developed a tool to increase psychic skills, and overcome fear, sadness, and anger.
- Visit churches that use ayahuasca as their sacrament and explore the booming industry of psychedelic tourism.
- Journey to a mansion in the heart of Silicon Valley where a group of scientists and entrepreneurs are working feverishly to bring brain-based spirit tech applications to the masses.
- Discover a research team who achieved brain-to-brain communication between individuals thousands of miles apart, harnessing neurofeedback techniques to sync and share emotions among group members.

Spirit Tech offers readers a compelling glimpse into the future and is the definitive guide to the fascinating world of new innovations for personal transformation, spiritual growth, and pushing the boundaries of human nature.

alan watts meditation app: Tools of Titans Timothy Ferriss, 2016 Fitness, money, and wisdom -- here are the tools. Over the last two years, Tim Ferriss has collected the routines and tools of world-class performers around the globe while interviewing them for his self-titled podcast. Now the distilled notebook of tips and tricks that helped him double his income, flexibility, happiness, and more is available as Tools of Titans.

alan watts meditation app: Four Thousand Weeks Oliver Burkeman, 2021-08-10 AN
INSTANT NEW YORK TIMES BESTSELLER Provocative and appealing . . . well worth your extremely limited time. —Barbara Spindel, The Wall Street Journal The average human lifespan is absurdly, insultingly brief. Assuming you live to be eighty, you have just over four thousand weeks. Nobody needs telling there isn't enough time. We're obsessed with our lengthening to-do lists, our overfilled inboxes, work-life balance, and the ceaseless battle against distraction; and we're deluged with advice on becoming more productive and efficient, and "life hacks" to optimize our days. But such techniques often end up making things worse. The sense of anxious hurry grows more intense, and still the most meaningful parts of life seem to lie just beyond the horizon. Still, we rarely make the connection between our daily struggles with time and the ultimate time management problem: the challenge of how best to use our four thousand weeks. Drawing on the insights of both ancient and contemporary philosophers, psychologists, and spiritual teachers, Oliver Burkeman delivers an entertaining, humorous, practical, and ultimately profound guide to time and time management. Rejecting the futile modern fixation on "getting everything done," Four Thousand Weeks introduces readers to tools for constructing a meaningful life by embracing finitude, showing how many of the unhelpful ways we've come to think about time aren't inescapable, unchanging truths, but choices we've made as individuals and as a society—and that we could do things differently.

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alan watts meditation app: Fantasyland Kurt Andersen, 2018-09-17 »Das postfaktische Zeitalter ist kein unerklärliches und verrücktes neues Phänomen. Im Gegenteil: Was wir jetzt sehen, ist nur die Spitze des Eisberges«, schreibt Kurt Andersen in seinem aufsehererregenden Buch Fantasyland. Der Hang zum Magischen und Fantastischen, so der preisgekrönte Kulturjournalist, ist tief in die kollektive DNA der Amerikaner eingeschrieben. Er entstand, als europäische Siedler erstmals den Boden der »Neuen Welt« betraten, im Gepäck vor allem eins: ausgeprägten Individualismus und Lebensträume und Fantasien von epischem Ausmaß. Mitreißend und eloquent erzählt Andersen vom großen amerikanischen Experiment – und warum es so spektakulär scheiterte. Wer verstehen will, wie die Grenze zwischen Realität und Illusion derart verrutschen und ein Mann wie Donald Trump es ins Weiße Haus schaffen konnte, muss dieses Buch lesen.

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alan watts meditation app: Die Seele braucht keine Pillen Kelly Brogan, 2020-10-12 Nebenwirkungsfrei und selbstbestimmt die Seele heilen Psychiaterin Dr. Kelly Brogan stellt eine provokante These auf: In einer kranken Welt ist nicht der gestört, der unter Angst, Depressionen oder Burn-out leidet, sondern die Gesellschaft, die Unmenschliches von ihren Mitgliedern verlangt. Die US-Amerikanerin hat vor über zehn Jahren aufgehört, ihre Patienten mit Psychopharmaka zu behandeln und stattdessen konsequent einen ganzheitlichen und spirituell geprägten Weg eingeschlagen. Nicht die Chemie im Kopf, sondern die innere Befindlichkeit und die eigenen Wünsche, der Bezug zur Spiritualität, die Ernährung, das Maß an Selbstliebe und Bewegung oder auch Umweltgifte entscheiden laut Dr. Brogan über das emotionale Gleichgewicht eines Menschen. In ihrem Buch entwirft die Medizinerin ein ebenso radikales wie konsequentes an Körper, Geist und

Seele orientiertes Programm zur Heilung der Seele. Alle Störungen, die in den meisten Fällen mit Psychopharmaka behandelt werden, können auf diese Weise beseitigt werden - selbstbestimmt, nachhaltig und nebenwirkungsfrei.

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