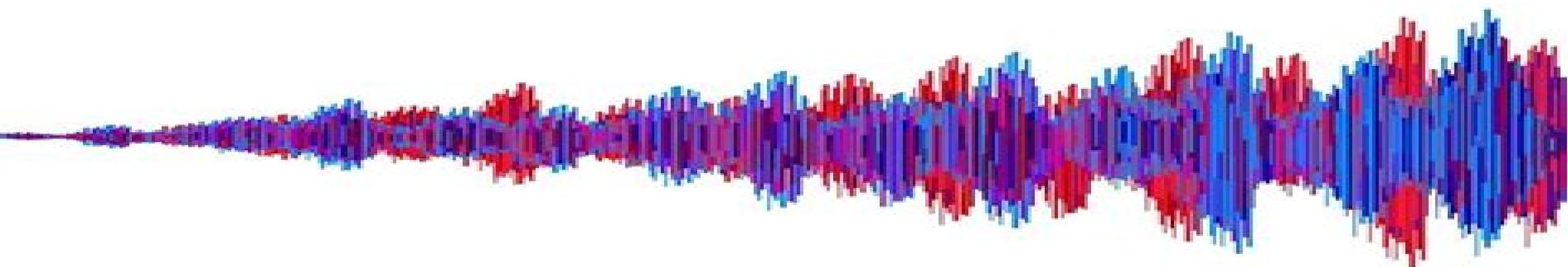


# Altered Traits



Science Reveals How  
Meditation Changes Your  
Mind, Brain, and Body

*NEW YORK TIMES* BESTSELLING AUTHORS  
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# Altered Traits Science Reveals How Meditation Changes

**RD Boyd**



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