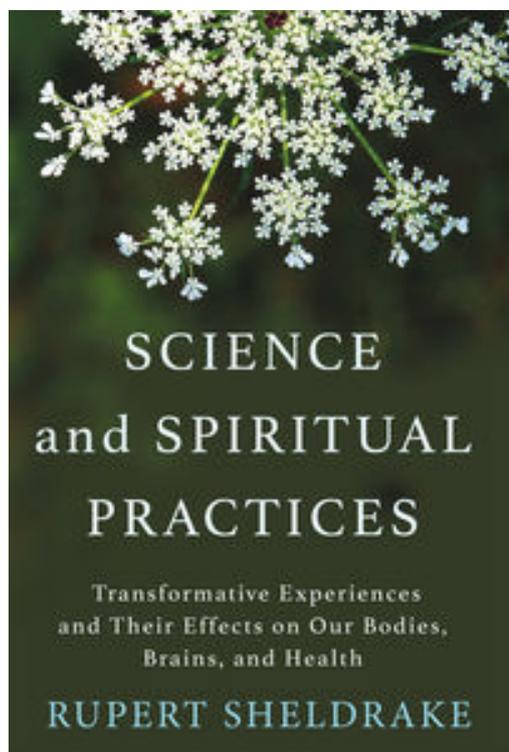


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The effects of spiritual practices are now being investigated scientifically as never before, and many studies have shown that religious and spiritual practices generally make people happier and healthier. In this pioneering book, Rupert Sheldrake shows how science helps validate seven practices on which many religions are built, and which are part of our common human heritage: meditation, gratitude, connecting with nature, relating to plants, rituals, singing and chanting, and pilgrimage and holy places.

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