

© Goodsho

Meditation

a B ? ? ?

Line to the second of the seco

- a S - Sa A . . - a -





C., C., (), le, 4, ..., 4, ..., ()- ..., 9,

M



Barrett B, Hayney MS, Muller D, et al. Meditation or exercise for preventing acute respiratory infection: a randomized controlled trial. *Annals of Family Medicine*. 2012;10:337-346.

Brewer JA, Mallik S, Babuscio TA, et al. MiEl5.7(a)-4.1(..7(a)lrg-0.002Tc 0 Tw TEMCs1..7M35)(f)3.5(o)4.7(r)TjtegOrsioe i7x.4(R5e)-7(pTw 15EMC P 9a)1

M

Ong JC, Manber R, Segal Z, et al. A randomized controlled trial of mindfulness meditation for chronic insomnia. *Sleep*. 2014;37(9):1553-1563.

Reiner K, Tibi L, Lipsitz JD. Do mindfulness-based interventions reduce pain intensity? A critical review of the literature. *Pain Medicine*. 2013;14:230-242.

Rosenkranz M, Davidson RJ, MacCoon D, et al. A comparison of mindfulness-based stress reduction and an active control in modulation of neurogenic inflammation. *Brain, Behavior, and Immunity*. 2013;27(1):174-184.