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Differential Effects of Ethical Education, Physical Hatha Yoga, and Mantra Meditation on Well-Being and Stress in Healthy Participants-An Experimental Single-Case Study

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6	Meditation-based lifestyle modification in mild to moderate depression-A randomized controlled trial Depression and Anxiety, 2022,	8.4	O
5	Impact of Meditation B ased Lifestyle Modification on HRV in Outpatients With Mild to Moderate Depression: An Exploratory Study. <i>Frontiers in Psychiatry</i> , 13,	5	О
4	Who Benefits Most? Interactions between Personality Traits and Outcomes of Four Incremental Meditation and Yoga Treatments. 2022 , 11, 4553		Ο
3	Embodied Cognition in Meditation, Yoga, and EthicsAn Experimental Single-Case Study on the Differential Effects of Four MindBody Treatments. 2022 , 19, 11734		О
2	How Chanting Relates to Cognitive Function, Altered States and Quality of Life. 2022 , 12, 1456		O
1	Meditation Quality Matters: Effects of Loving-Kindness and Compassion Meditations on Subjective Well-being are Associated with Meditation Quality.		0