



# The Mindful Practice of Falun Gong: Meditation for Health, Wellness, and Beyond

*Dr. Margaret Trey*

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The Mindful Practice of Falun Gong marries research evidence with the art of storytelling. The book heralds the author's Hearts Uplifted project that aims to revive the lived experiences of individuals whose lives have been profoundly touched and transformed by Falun Gong—a spiritual meditation practice. Drawing from a labyrinth of research findings and the on-going study, the author effectively weaves facts from the academic inquiry with a compelling story of one woman's journey to wellness with Falun Gong. The book presents the results from the Australian survey—a doctoral study—that investigates the health-wellness effects of Falun Gong, as perceived by those who practice it.



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