**Are you interested in reading more about the scientific research about meditation? The following excerpts and links are a non-comprehensive list that you may find useful as a jumping off point.**

**8 Weeks to a Better Brain**

<http://news.harvard.edu/gazette/story/2011/01/eight-weeks-to-a-better-brain/>

Excerpt:

The analysis of MR images, which focused on areas where meditation-associated differences were seen in earlier studies, found increased gray-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion, and introspection.

Participant-reported reductions in stress also were correlated with decreased gray-matter density in the amygdala, which is known to play an important role in anxiety and stress.

## Original Research ARTICLE

Front. Psychol., 10 May 2016 | <https://doi.org/10.3389/fpsyg.2016.00578>

# Mindful Reading: Mindfulness Meditation Helps Keep Readers with Dyslexia and ADHD on the Lexical Track

<http://journal.frontiersin.org/article/10.3389/fpsyg.2016.00578/full>

This improvement in reading probably resulted from improved sustained attention: the reduction in sublexical reading was significant for the dyslexic participants who also had attention deficits, and there were significant correlations between reduced reading errors and decreases in impulsivity. Following the meditation workshop, the rate of commission errors decreased, indicating decreased impulsivity, and the variation in RTs in the CPT task decreased, indicating improved sustained attention. Significant improvements were obtained in participants’ mindfulness, perceived-stress, rumination, depression, state-anxiety, and sleep-disturbances. Correlations were also obtained between reading improvement and increased mindfulness following the workshop.

# New study shows Transcendental Meditation improves brain functioning in ADHD students

**A non-drug approach to enhance students' ability to learn**

<https://www.eurekalert.org/pub_releases/2011-07/muom-nss072611.php>

article includes a link to the original published article

Academic impact of anxiety

<http://www.cheri.com.au/CHERIAnxandEd_final.pdf.pdf>

**Neuroscience Between Stress and Learning**

<https://www.edutopia.org/blog/neuroscience-behind-stress-and-learning-judy-willis>