



The Benefits of Marijuana: Physical, Psychological and Spiritual

By Joan Bello

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A holistic understanding of the physical, psychological and spiritual benefits of marijuana which bridges the gap between ancient wisdom and modern science. By documenting that cannabis impacts the Autonomic Nervous System to restore balance to the body, mind, and spirit, the author shows marijuana's unique value for health and consciousness. According to High Times: "If you would like to be one of those people who seem to know everything important there is to know about marijuana, this is the book you out to read..Bello presents it all with balance, lucidity and a sort of calm spirituality that you rarely encounter..It's the sort of book you can dip into at random, absorbing nonconsecutive sections at your leisure." (Dean Latimer, Sr. Editor)

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The Benefits of Marijuana: Physical, Psychological and Spiritual By Joan Bello Bibliography

- Sales Rank: #415929 in Books
- Published on: 2010-01-03
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .44" w x 5.50" l, .51 pounds
- Binding: Paperback
- 192 pages

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Editorial Review

Review

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"One of the most well-written, concise, comprehensive analysis of marijuana today." --NORML, Dick Cowan

"Well-written, concise, detailed and without any waffle, but easy to comprehend. --LCC, England

About the Author

Joan Bello has a Master's Degree in Eastern Studies and Psychology, clinical experience as a Substance Abuse Counselor, and close to forty years of close association with marijuana. As Director of the National Class Action for Therapeutic Cannabis, she personally interviewed over 500 patient-plaintiffs. At present, she is working on a new book: The Yoga of Marijuana.

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