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neuroplasticity the ability of the brain to change as it has new experiences would also have effects at a genetic level she s stated that what s most interesting about the change in genes through meditation is the fact that it would be a way to self induce profound modifications through voluntary experience''neuroplasticity definition of neuroplasticity by medical

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and depressive rumination'

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that many aspects of the brain can be altered
or are plastic even through adulthood'

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child crafting playdough it s empowering to
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