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The Buddha Pill Can Meditation Change You? Catherine Wikholm is studying for a doctorate in Clinical Psychology and has been employed by the prison service as a

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The Buddha Pill: Can Meditation Change You? by Catherine Wikholm Catherine Wikholm read Philosophy and Theology at Oxford University before going on to do a

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Catherine Wikholm works in NHS mental health services and is studying clinical She is the co-author of The Buddha Pill: Can Meditation Change You? alongside Dr

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