

# **Ainslie Meares on Meditation: Dissolve tension, anxiety & pain. Tap your inner wealth. Includes Relief Without Drugs\* & poems written by Meares. - , Ainslie Meares**

**Ainslie Meares (1910-1986)** was an eminent psychiatrist of international reputation who made major contributions to medical hypnosis. He melded mental homeostasis with the essence o

