

A woman with long dark hair, wearing a white long-sleeved top and white pants, is sitting in a lotus position on a rocky shore. She is facing right, looking out at the ocean under a clear blue sky. The sun is low on the horizon, creating a warm glow. The text is overlaid on the right side of the image.

Best Meditation Apps For 2026: Your Guide To Mindfulness, Sleep & Stress Relief



Mr. Healthy

2026 Guide Mindfulness Meditation

Bruno A. Cayoun, Andrea D. Grabovac



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Religion, Spirituality, and Public Health Karen O'Brien-Kop, Suzanne Newcombe, 2025-10-14 Religion Spirituality and Public Health focuses on exploring the role of different ways of knowing or arriving at truth i.e. epistemes particularly those found in religious and alternative health milieus While biomedical solutions offer a dominant narrative these are articulated differently in global contexts Moreover individuals often draw upon alternative framings that are sometimes oppositional to and at other times engaged with directives from medical and governmental authorities The focus of this volume is worldviews and epistemes that are often marginalised or rejected in dominant discourses from shamanism in Korea to African Pentecostalism in Britain and from global online AntiVax narratives to traditional Siddha medicine in South India Detailed case studies explore the contested competing and strategically aligned relationships between mainstream and marginal epistemes between religious healing spirituality and biomedicine and between politics and belief These explorations promote greater insight into how marginalised religious epistemes are

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