

# **Masculinity, Meditation And Mental Health**

**By Timothy Lomas**

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Dr Tim Lomas is a lecturer He has published numerous papers on meditation, Buddhism, and masculinity. entitled Masculinity, Meditation and Mental Health

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### **Tim Lomas - UEL -**

Dr Tim Lomas. Contact details Tim has recently published two books: one is a monograph based on his PhD thesis, entitled Masculinity, Meditation and Mental Health

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Table Of Contents > Engagement with meditation as a positive health trajectory Tim Lomas a b \*, masculinity, meditation, men s health, mental

### **Journeys towards wellbeing: Men, Meditation and -**

Journeys towards wellbeing: Men, Meditation and Mental health TIM loMas In undertaking this PhD, I have had the great fortune to combine two interests which are close

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MEN, MEDITATION AND MENTAL HEALTH TIM LOMAS masculinity and mental health are explored in the next section. 2.4.2. Masculinity, disorder and distress

### **Author - Tim Lomas - SAGE Publications Ltd -**

Dr Tim Lomas is a lecturer He has published numerous papers on meditation, Buddhism, and masculinity. entitled Masculinity, Meditation and Mental Health

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