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Objects That Morph
on Command

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The
Neuroscience
of

MEDITATION

How it changes the
brain, boosting focus
and easing stress



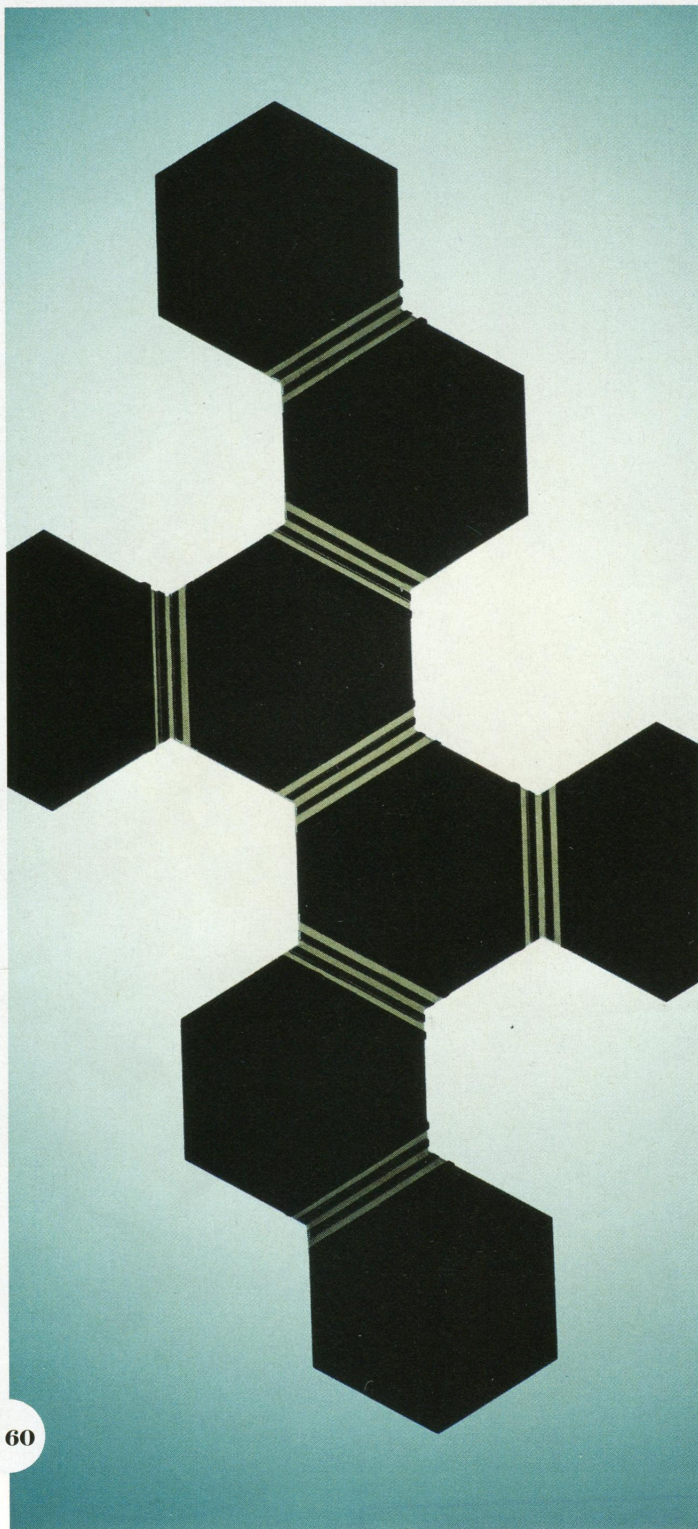
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ON THE COVER



Studies on the neurobiology of meditation show that the practice has many of the characteristics of an ideal drug. It counters depression and pain and encourages a sense of well-being. And it does all this with few, if any, side effects, at the cost of a couple of minutes of daily respite from a harried existence. Why don't physicians prescribe it more? Image by Bryan Christie.

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Neuroscience has demonstrated that meditation has tangible and significant benefits for both body and mind.

By Matthieu Ricard, Antoine Lutz and Richard J. Davidson

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Two space probes are about to give us the first-ever up-close look at Kuiper belt objects that swarm the icy void beyond Neptune. They should reveal how the solar system came to be.

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Some patients respond remarkably well to viruses engineered to home in on tumor cells and destroy them or prompt the immune system to do the job.

By Douglas J. Mahoney, David F. Stojdl and Gordon Laird

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Novel materials, 3-D printers and a new way of thinking about design could yield objects capable of assembling themselves and changing shape or function on command.

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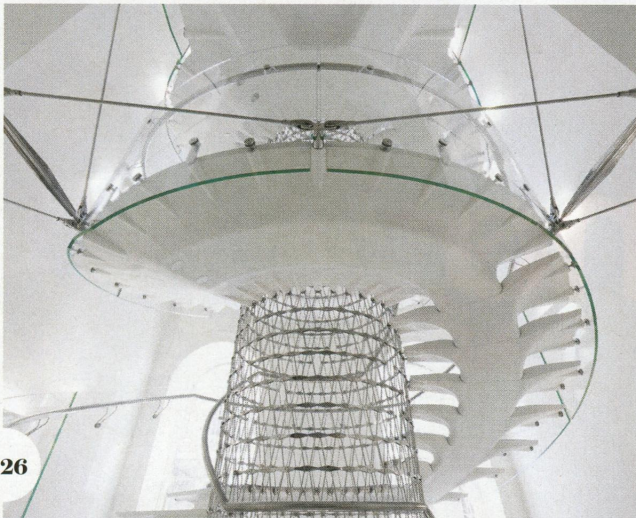
A human-powered helicopter would not fly, experts concluded. Then two young engineers proved them wrong and won a quarter of a million dollars in the process.

By David Noonan

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