



# The Benefits of Marijuana: Physical, Psychological and Spiritual

*Joan Bello*

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## **The Benefits of Marijuana: Physical, Psychological and Spiritual** Joan Bello

A holistic understanding of the physical, psychological and spiritual benefits of marijuana which bridges the gap between ancient wisdom and modern science. By documenting that cannabis impacts the Autonomic Nervous System to restore balance to the body, mind, and spirit, the author shows marijuana's unique value for health and consciousness. According to High Times: "If you would like to be one of those people who seem to know everything important there is to know about marijuana, this is the book you out to read..Bello presents it all with balance, lucidity and a sort of calm spirituality that you rarely encounter..It's the sort of book you can dip into at random, absorbing nonconsecutive sections at your leisure." (Dean Latimer, Sr. Editor)

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