



# The Science of Premonitions: How Knowing the Future Can Help Us Avoid Danger, Maximize Opportunities, and Create a Better Life

*Larry Dossey*

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"Larry Dossey is one of America's most important thinkers. When he talks, I listen." -Marianne Williamson, author of *A Return to Love*

In the *New York Times* bestseller, *Healing Words*, Dr. Dossey investigated why patients surrounded by prayer healed faster and more completely than patients who were not. Now, in *The Science of Premonitions*, Dossey uses cutting-edge science to make a convincing case that premonitions are real, common, and helpful. Then Dossey explores research on mindfulness and meditation to show readers how they can cultivate and take advantage of premonitions. Packed with compelling case studies and thought-provoking findings, this is a book for the skeptical mind and the believer's heart, and will be greeted warmly by "anyone who is interested in knowing about the deeper meaning of our existence." (Deepak Chopra, M.D.)

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