

Meditation Is About More Than Inner Peace, Study Says

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Boston Magazine:

People who practice meditation often do so for individual health benefits like reduced stress and improved mental health. But new research from Northeastern University's Social Emotions Group says meditation also has an effect on the way we treat the people around us.

David DeSteno, a psychology professor at Northeastern, set out to study the social and interpersonal benefits of meditation, specifically its impact on compassion toward others. DeSteno and his team, whose research is set to be published in the journal *Psychological Science*, split three dozen people into two groups: one that completed an eight-week meditation training program, and one that did not. From there, the meditation group was again divided, this time into a group that discussed and reflected on topics like compassion and one that did not.

Read the whole story: [*Boston Magazine*](#)