focus. and get stuff done.

Overwhelmed? (Don’t answer that.) Meditation will help. Stay with us here....  By Zahra Barnes

Stop picturing all those chanting yogis in their groovy hemp pants. Meditation is now fully mainstream. In fact, docs these days are prescribing it to treat problems as diverse as anxiety and emphysema. Some benefits are obvious—you may be calmer, more positive and in tune with your emotions. But here’s a surprise: Meditation can even help you multitask, a study from the Information School at the University of Washington finds. Participants who were taught how to meditate for about two hours a week for two months stayed on task better than nonmeditators did, letting them juggle several assignments without getting thrown by distractions. Plus, they were less forgetful. Zen, we’re coming for you!

Give it a try!

OK, we’ve convinced you that meditation is a good idea, but now you’re wondering how on earth to start. Turn the page. Mind/body guru Mandy Ingber will baby-step you through it on your to-go tear-out cards.

WIN IT!

Enter for a chance to score a copy of Ingber’s new book, Yogalosophy: 26 Days to the Ultimate Mind-Body Makeover. We’ve got 25 up for grabs at Self.com/prizes.