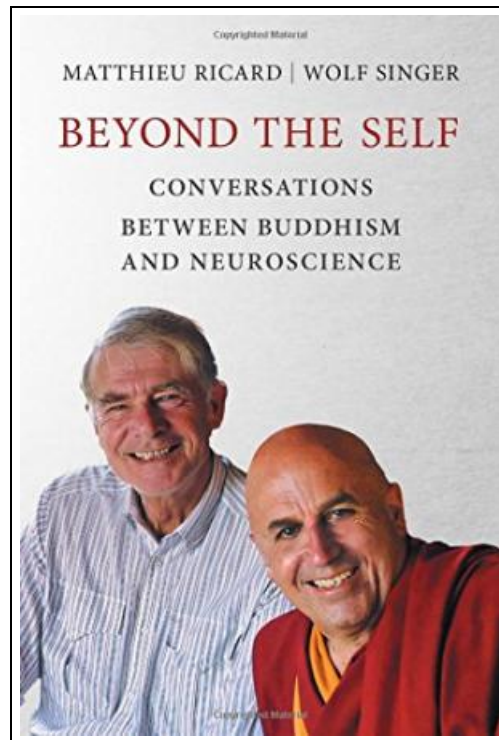


Beyond the Self: Conversations between Buddhism and Neuroscience (Hardback)



Filesize: 7.62 MB

Reviews

An extremely wonderful pdf with lucid and perfect explanations. I could possibly comprehend every little thing out of this created e pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Janie Wilkinson)

BEYOND THE SELF: CONVERSATIONS BETWEEN BUDDHISM AND NEUROSCIENCE (HARDBACK)

To read **Beyond the Self: Conversations between Buddhism and Neuroscience (Hardback)** PDF, remember to click the web link beneath and download the ebook or have accessibility to other information which are in conjunction with BEYOND THE SELF: CONVERSATIONS BETWEEN BUDDHISM AND NEUROSCIENCE (HARDBACK) book.

MIT Press Ltd, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Converging and diverging views on the mind, the self, consciousness, the unconscious, free will, perception, meditation, and other topics. Buddhism shares with science the task of examining the mind empirically; it has pursued, for two millennia, direct investigation of the mind through penetrating introspection. Neuroscience, on the other hand, relies on third-person knowledge in the form of scientific observation. In this book, Matthieu Ricard, a Buddhist monk trained as a molecular biologist, and Wolf Singer, a distinguished neuroscientist -- close friends, continuing an ongoing dialogue -- offer their perspectives on the mind, the self, consciousness, the unconscious, free will, epistemology, meditation, and neuroplasticity. Ricard and Singer's wide-ranging conversation stages an enlightening and engaging encounter between Buddhism's wealth of experiential findings and neuroscience's abundance of experimental results. They discuss, among many other things, the difference between rumination and meditation (rumination is the scourge of meditation, but psychotherapy depends on it); the distinction between pure awareness and its contents; the Buddhist idea (or lack of one) of the unconscious and neuroscience's precise criteria for conscious and unconscious processes; and the commonalities between cognitive behavioral therapy and meditation. Their views diverge (Ricard asserts that the third-person approach will never encounter consciousness as a primary experience) and converge (Singer points out that the neuroscientific understanding of perception as reconstruction is very like the Buddhist all-discriminating wisdom) but both keep their vision trained on understanding fundamental aspects of human life.



[Read Beyond the Self: Conversations between Buddhism and Neuroscience \(Hardback\) Online](#)



[Download PDF Beyond the Self: Conversations between Buddhism and Neuroscience \(Hardback\)](#)

See Also

**[PDF] Depression: Cognitive Behaviour Therapy with Children and Young People**

Access the link under to download and read "Depression: Cognitive Behaviour Therapy with Children and Young People" PDF document.

[Download](#) [eBook](#)

»

**[PDF] 9787538264517 network music roar(Chinese Edition)**

Access the link under to download and read "9787538264517 network music roar(Chinese Edition)" PDF document.

[Download](#) [eBook](#)

»

**[PDF] The genuine book marketing case analysis of the the lam light. Yin Qihua Science Press 21.00(Chinese Edition)**

Access the link under to download and read "The genuine book marketing case analysis of the the lam light. Yin Qihua Science Press 21.00(Chinese Edition)" PDF document.

[Download](#) [eBook](#)

»

**[PDF] YJ] New primary school language learning counseling language book of knowledge [Genuine Specials(Chinese Edition)**

Access the link under to download and read "YJ] New primary school language learning counseling language book of knowledge [Genuine Specials(Chinese Edition)" PDF document.

[Download](#) [eBook](#)

»

**[PDF] To Thine Own Self**

Access the link under to download and read "To Thine Own Self" PDF document.

[Download](#) [eBook](#)

»

**[PDF] Supernatural Deliverance: Freedom For Your Soul Mind And Emotions**

Access the link under to download and read "Supernatural Deliverance: Freedom For Your Soul Mind And Emotions" PDF document.

[Download](#) [eBook](#)

»