



Siddhartha's Brain: The Science of Enlightenment

By James Kingsland

HarperCollins, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 155 x 137 mm. Language: English . Brand New. A groundbreaking exploration of the science of enlightenment, told through the lens of the journey of Siddhartha (better known as Buddha), by Guardian science editor James Kingsland. In a lush grove on the banks of the Neranjara in northern India--400 years before the birth of Christ, when the foundations of western science and philosophy were being laid by the great minds of Ancient Greece--a prince turned ascetic wanderer sat beneath a fig tree. His name was Siddhartha Gautama, and he was discovering the astonishing capabilities of the human brain and the secrets of mental wellness and spiritual enlightenment, the foundation of Buddhism. Framed by the historical journey and teachings of the Buddha, Siddhartha's Brain shows how meditative and Buddhist practice anticipated the findings of modern neuroscience. Moving from the evolutionary history of the brain to the disorders and neuroses associated with our technology-driven world, James Kingsland explains why the ancient practice of mindfulness has been so beneficial and so important for human beings across time. Far from a New Age fad, the principles of meditation have deep scientific support and have been proven...



READ ONLINE
[6.24 MB]

Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

-- **Melvin Hettinger**

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Easton Collier DVM**