



Siddhartha's Brain: Unlocking the Ancient Science of Enlightenment (Hardback)

By James Kingsland

William Morrow Company, United States, 2016. Hardback. Book Condition: New. 216 x 147 mm. Language: English . Brand New Book. 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 Naranjara 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...



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