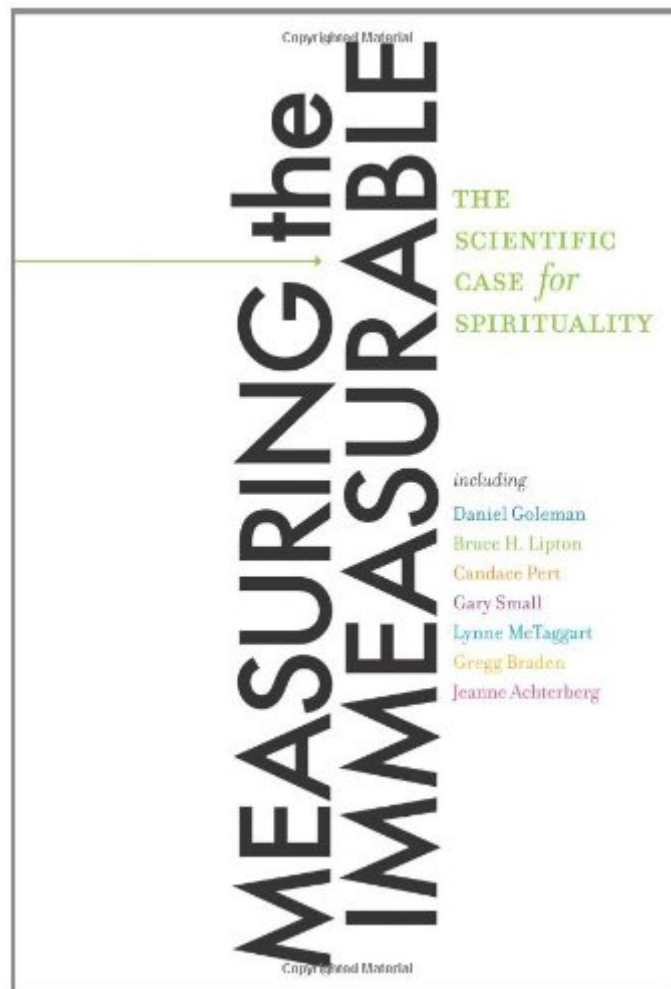


Measuring the Immeasurable: The Scientific Case for Spirituality PDF



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Measuring the Immeasurable: The Scientific Case for Spirituality by Daniel Goleman, Gary Small, Gregg Braden, Bruce Lipton, Lynne McTaggart ISBN 1591796547

Can your thoughts heal another person, even from across the globe? Does meditation create "superhuman" levels of perception? Can prayer and intention actually affect reality?

A few decades ago, scientists would have dismissed such ideas as superstition. Today, a growing body of persuasive research has turned many skeptics into believers when it comes to the power of spirituality. *Measuring the Immeasurable* brings together some of the most prominent authorities on the new frontier where science and spirit intersect,

including:

- **Bruce H. Lipton** (*The Biology of Belief*) on the science of epigenetics, and how consciousness shapes our health, genetics, and evolution
- **Lynne McTaggart** (*The Field*) with the latest findings on the power of mind over matter from her ongoing "Intention Experiment"
- **Gregg Braden** (*The Divine Matrix* and *The God Code*) on how how prayer and intention can affect events on a global scale
- **Gary Small** (*The Longevity Bible*) on lifestyle changes that improve brain function
- **Daniel Goleman** (*Social Intelligence*) on the "brain's melody" and our moment-to-moment perceptions
- **Candace Pert** (*Molecules of Emotion*) on the intimate relationship between mind and body
- Thought-provoking articles from other modern luminaries, including **Peter Russell, Larry Dossey, Andrew Newberg, Dean Radin, Suzanne C. Segerstrom, Jeanne Achterberg, Marilyn Schlitz, Peter Levine**, and more

As we use the methods of science to examine spiritual practices such as meditation, yoga, and energy healing, not only do we see evidence for the tangible benefits of these "technologies of the mind," but we are also beginning to illuminate the missing links in our understanding of evolution, physics, and our role in the universe.

Filled with leading-edge research, startling discoveries, and the breakthrough ideas of some of today's most innovative thinkers, *Measuring the Immeasurable* is an invaluable resource for exploring the mysteries of the quantum age-and what this new science will mean for your life.

Winner of the 2009 Nautilus Award

Measuring the Immeasurable: The Scientific Case for Spirituality Review

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