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[(Meditating Selflessly: Practical Neural Zen)] [Author: James H. Austin] published on (November, 2011)

James H. Austin

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This is not the usual kind of self-help book. Indeed, its major premise heeds a Zen master's advice to be less self-centered. Yes, it is "one more book of words about Zen," as the author concedes, yet this book explains meditative practices from the perspective of a " neural Zen." The latest findings in brain research inform its suggestions. In Meditating Selflessly, James Austin -- Zen practitioner, neurologist, and author of three acclaimed books on Zen and neuroscience -- guides readers toward that open awareness already awaiting them on the cushion and in the natural world. Austin offers concrete advice -- often in a simplified question-and-answer format -- about different ways to meditate. He clarifies both the concentrative and receptive styles of meditation. Drawing widely from the exciting new field of contemplative neuroscience, Austin helps resolve an ancient paradox: why both insight wisdom and selflessness arise simultaneously during enlightened states of consciousness.

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Marion Driskell:

On this era which is the greater particular person or who has ability to do something more are more important than other. Do you want to become certainly one of it? It is just simple approach to have that. What you should do is just spending your time not very much but quite enough to have a look at some books. One of the books in the top record in your reading list is actually [(Meditating Selflessly: Practical Neural Zen)] [Author: James H. Austin] published on (November, 2011). This book that is qualified as The Hungry Hills can get you closer in becoming precious person. By looking up and review this e-book you can get many advantages.

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