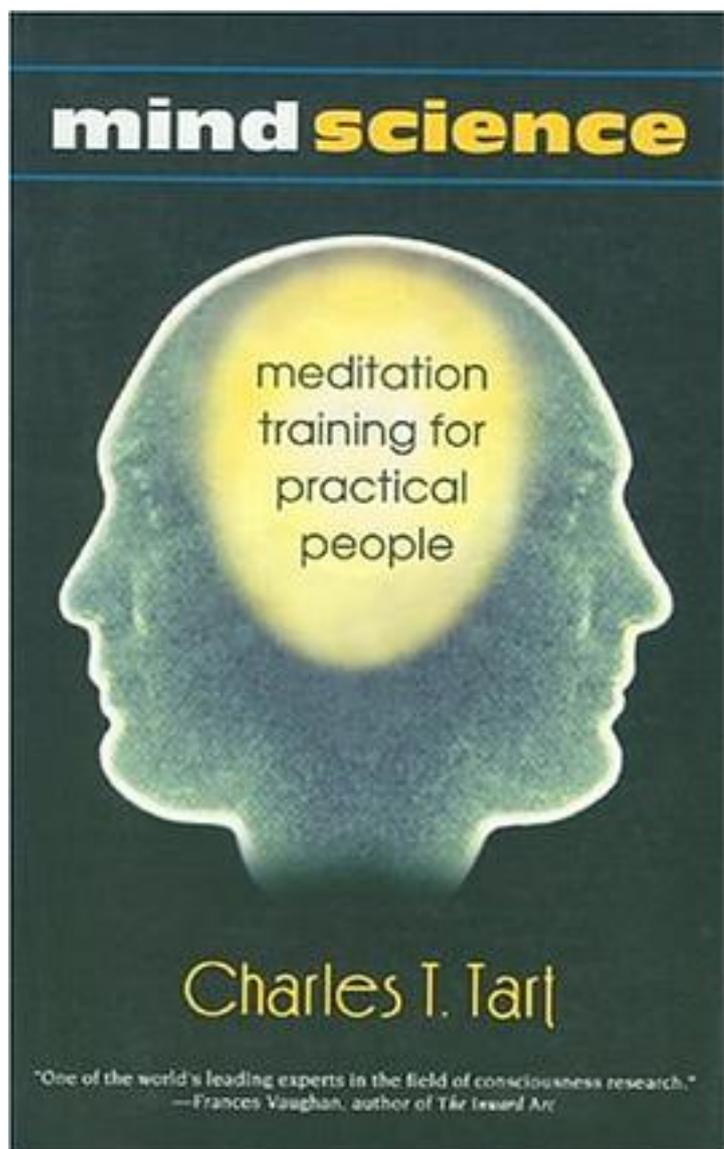


# Mind Science



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著者:Charles T. Tart

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Rich with lucid instructions and practical insights, this book dispels the metaphysical haze that all too often surrounds the subject of meditation. Based on a lively workshop with fellow scientists, Charles Tart shows how the pragmatic and scientifically-inclined among us can bring mindfulness into everyday life without religious baggage -- while clearly explaining its many spiritual and health benefits. These highly interactive and often witty sessions in front of a sceptical audience anticipate the questions that any practical person might have about meditative mindfulness. If you have been looking for a clear teaching on how and why to meditate that is free of sectarian involvement, this is the book for you.

作者介绍:

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