

Meditation and Modern Psychology



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著者:Robert Ornstein

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A reprinting of the authoritative essay written in 1971 from the volume of work entitled Psychology of Meditation by Claudio Naranjo and Robert E. Ornstein. This new Malor book edition examines meditation from two perspectives: first that of religions and philosophies such as Zen, Yoga and from the Sufis and Christian mystics, and second from the modern psychologist's point of view -- what is happening neurophysiologically and what is the resulting experience? By looking at meditation from both points of view, Ornstein produces a modern scientific view
?? one sympathetic to the practice and enables the reader to appreciate and understand meditation as a tool which, under the right direction, leads to a different mode of perception. Robert Ornstein, Ph.D., has written more than twenty books on the brain, mind, and consciousness since the publication of the first edition of this book in 1971. This work emphasizes our urgent need and ability to develop perceptions beyond our human inheritance.

作者介绍:

目录:

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