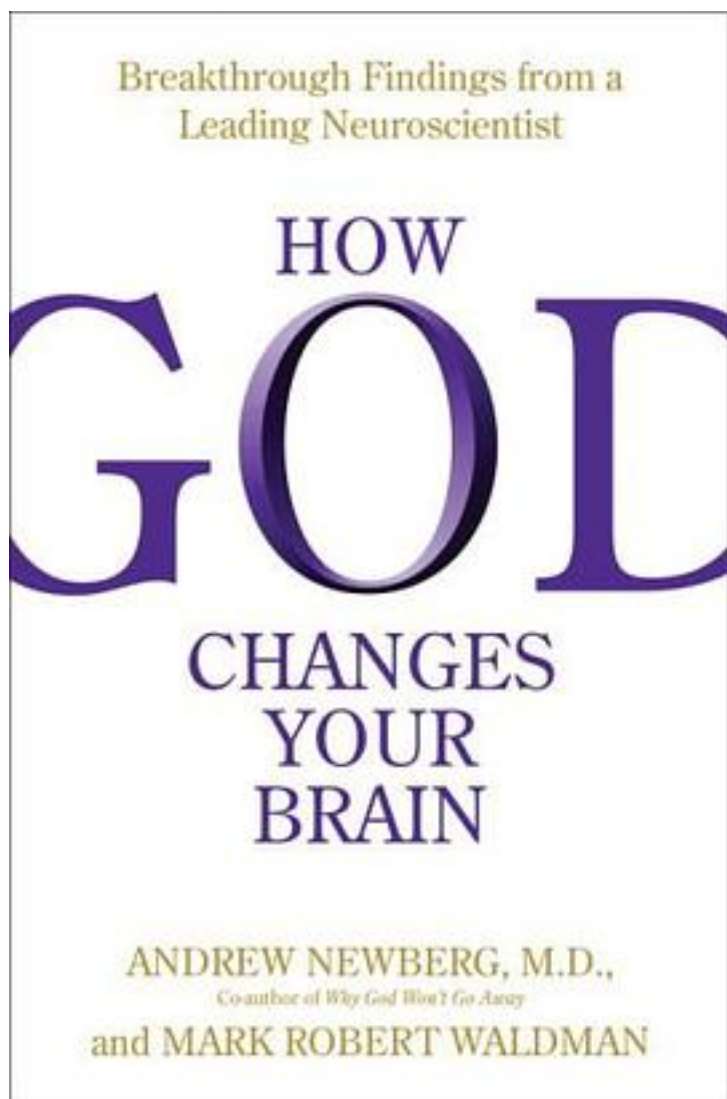


How God Changes Your Brain



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著者:Andrew Newberg M.D.

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God is great—for your mental, physical, and spiritual health. That’s the finding of this startling, authoritative, and controversial book by the bestselling authors of *Born to Believe*.

Based on new evidence culled from their brain-scan studies on memory patients and meditators, their Web-based survey of people’s religious and spiritual experiences, and their analyses of adult drawings of God, neuroscientist Andrew Newberg, therapist Mark Robert Waldman, and their research team have concluded that active and positive spiritual belief changes the human brain for the better. What’s more, actual faith isn’t always necessary: atheists who meditate on positive imagery can obtain similar neurological benefits. Written in an accessible style—with illustrations highlighting how spiritual experiences affect the mind—*How God Changes Your Brain* offers the following breakthrough discoveries:

- Not only do prayer and spiritual practice reduce stress and anxiety, but just twelve minutes of meditation per day may slow down the aging process.
- Contemplating a loving God rather than a punitive God reduces anxiety, depression, and stress and increases feelings of security, compassion, and love.
- Fundamentalism, in and of itself, is benign and can be personally beneficial, but the anger and prejudice generated by extreme beliefs can permanently damage your brain.
- Intense prayer and meditation permanently change numerous structures and functions in the brain—altering your values and the way you perceive reality.

How God Changes Your Brain is both a revelatory work of modern science and a practical guide for readers to enhance their physical and emotional health and to avoid mental decline. Newberg and Waldman explain the eight best ways to “exercise” your brain and guide readers through specific routines derived from a wide variety of Eastern and Western spiritual practices that improve personal awareness and empathy. They explain why yawning heightens consciousness and relaxation, and they teach “Compassionate Communication,” a new mediation technique that builds intimacy with family and friends in less than fifteen minutes of practice.

Unique in its conclusions and innovative in its methods, *How God Changes Your Brain* is a first-of-a-kind book about faith that is as credible as it is inspiring.

作者介绍:

●安德鲁·纽伯格 (Andrew Newberg)，医学博士，美国宾夕法尼亚大学灵性与心智中心主任，神经神学创始者，同时也是宾夕法尼亚大学放射学系副教授，主持该系心理与宗教研究。《早安美国》、《夜线》、探索频道、英国广播公司、美国国家公共电台与国家地理频道均曾制作其作品专题。著作包括《超觉玄秘体验》(Why God Won't Go Away)、《为什么你信我不信》(Why We Believe What We Believe) 与《生而有信》(Born to Believe) 等。

●马克·瓦德门 (Mark Robert Waldman)，宾夕法尼亚大学灵性与心智中心副研究员、治疗师，与安德鲁·纽伯格合著《生而有信》(Born to Believe)，同时也是《超个人评论》(Transpersonal

Review) 的创刊编辑。就有关宗教、神经科学与灵性的课题进行演讲，并从事多个宗教和世俗团体的研究，足迹遍及全美，多达数十家报章杂志及电台联播节目曾制作其作品专题。

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书评

科学搜神记 ——用科学寻找神与灵性
一提到神，很多人就自然想到迷信。尤其近日“身心灵”圈被某媒体揭发出乱象之后，灵性一词也变得疑影重重起来。
其实无论多神圣、多奇妙的东西，一遇到奸商，都会变得非常难看。何况神与灵性，在中国还没有成熟、系统的研究机构。认知的人...

作者：余德慧（慈濟大學宗教與文化研究所教授） 身體修行
在我多年研究靈性療癒，這本書是比較「對」的書。靈性療癒要做得對，就要看他的身體修持做得如何。也許「身體修持」是個奇怪的字眼，許多修持不是要神佛加持，如何是身體修持？其實，神佛不是抽象概念，不是被畫出來...

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