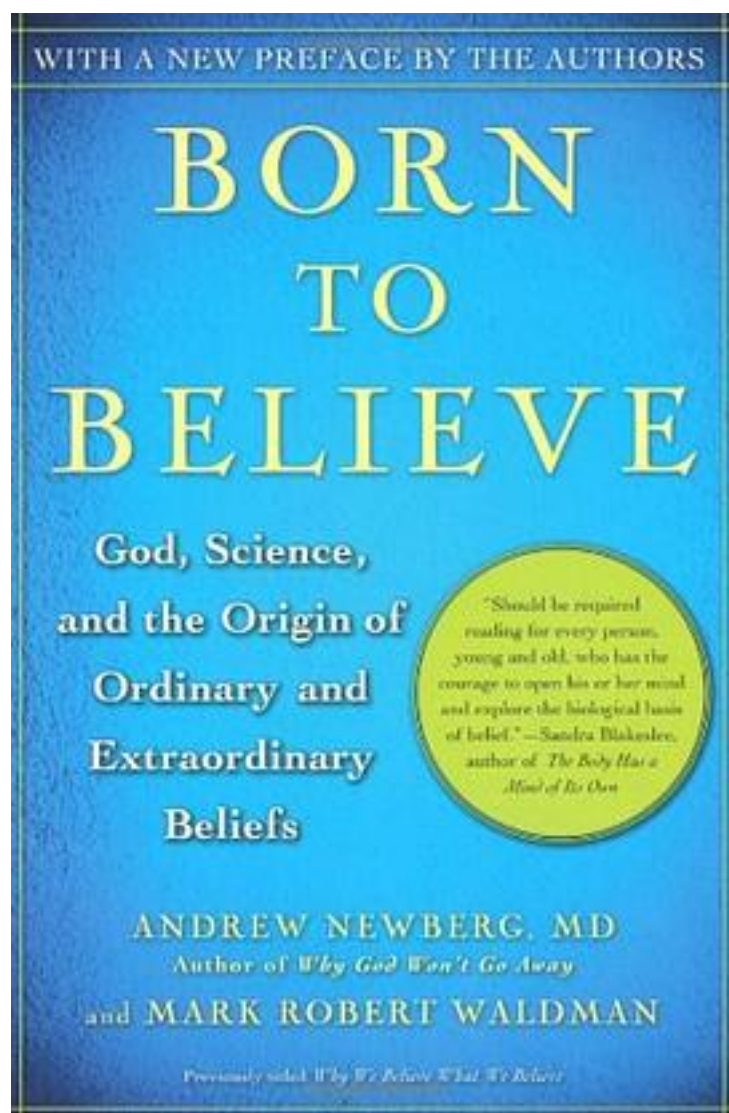


Born to Believe



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出版者:

出版时间:2007-10

装帧:

isbn:9780743274982

Born to Believe was previously published in hardcover as Why We Believe What We Believe . Prayer...meditation...speaking in tongues. What do these spiritual activities share and how do they differ? Why do some people believe in God, while others embrace atheism? From the ordinary to the extraordinary, beliefs give meaning to the mysteries of life. They motivate us, provide us with our individual uniqueness, and ultimately change the structure and function of our brains. In Born to Believe , Andrew Newberg, MD, and Mark Waldman reveal -- for the very first time -- how our complex views, memories, superstitions, morals, and beliefs are created by the neural activities of the brain. Supported by groundbreaking original research, they explain how our brains construct our deepest convictions and fondest assumptions about reality and the world around us. Using science, psychology, and religion, the authors offer recommendations for exercising your brain in order to develop a more life-affirming, flexible range of attitudes. Knowing how the brain builds meaning, value, spirituality, and truth into your life will change forever the way you look at yourself and the world.

作者介绍:

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