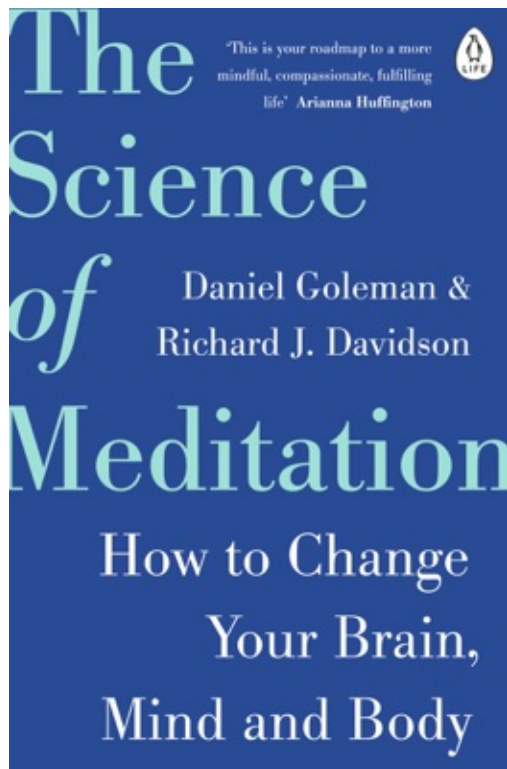


# Descargar libros gratis The Science of Meditation - Daniel Goleman & Richard Davidson QBook



More than forty years ago, two friends and collaborators at Harvard, Daniel Goleman and Richard Davidson were unusual in arguing for the benefits of meditation. Now, as mindfulness and other brands of meditation become ever more popular, promising to fix everything from our weight to our relationship to our professional career, these two bestselling authors sweep away the misconceptions around these practices and show how smart practice can change our personal traits and even our genome for the better.

Drawing on cutting-edge research, Goleman and Davidson expertly reveal what we can learn from a one-of-a-kind data pool that includes world-class meditators. They share for the first time remarkable findings that show how meditation - without drugs or high expense - can cultivate qualities such as selflessness, equanimity, love and compassion, and redesign our neural circuitry.

Demonstrating two master thinkers at work, *The Science of Meditation* explains precisely how mind training benefits us.

More than daily doses or sheer hours, we need smart practice, including crucial ingredients such as targeted feedback from a master teacher and a more spacious worldview.

Gripping in its storytelling and based on a lifetime of thought and action, this is one of those rare books that has the power to change us at the deepest level.

<b>Title</b>	:	The Science of Meditation
<b>Author</b>	:	Daniel Goleman & Richard Davidson
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<b>File Size</b>	:	1.56MB

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