

Why God Wont Go Away Brain Science And The Biology Of Belief Andrew B Newberg

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Atheism: A Very Short Introduction - Julian Baggini 2003-06-26

Do you think of atheists as immoral pessimists who live their lives without meaning, purpose, or values? Think again! Atheism: A Very Short Introduction sets out to dispel the myths that surround atheism and show how a life without religious belief can be positive, meaningful, and moral.

The Spiritual Child - Dr. Lisa Miller 2015-05-05

In *The Spiritual Child*, psychologist Lisa Miller presents the next big idea in psychology: the science and the power of spirituality. She explains the clear, scientific link between spirituality and health and shows that children who have a positive, active relationship to spirituality: * are 40% less likely to use and abuse substances * are 60% less likely to be depressed as teenagers * are 80% less likely to have dangerous or unprotected sex * have significantly more positive markers for thriving including an increased sense of meaning and purpose, and high levels of academic success. Combining cutting-edge research with broad anecdotal evidence from her work as a clinical psychologist to illustrate just how invaluable spirituality is to a child's mental and physical health, Miller translates these findings into practical advice for parents, giving them concrete ways to develop and encourage their children's—as well as their own—well-being. In this provocative, conversation-starting book, Dr. Miller presents us with a pioneering new way to think about parenting our modern youth.

The Rabbi's Brain - Andrew Newberg 2019-02-26

The topic of "Neurotheology" has garnered increasing attention in the academic, religious, scientific, and popular worlds. However, there have been no attempts at exploring more specifically how Jewish religious thought and experience may intersect with neurotheology. *The Rabbi's Brain* engages this groundbreaking area. Topics included relate to a neurotheological approach to the foundational beliefs that arise from the Torah and associated scriptures, Jewish learning, an exploration of the different elements of Judaism (i.e. reform, conservative, and orthodox), an exploration of specifically Jewish practices (i.e. Davening, Sabbath, Kosher), and a review of Jewish mysticism. *The Rabbi's Brain* engages these topics in an easy to read style and integrates the scientific, religious, philosophical, and theological aspects of the emerging field of neurotheology. By reviewing the concepts in a stepwise, simple, yet thorough discussion, readers regardless of their background, will be able to understand the complexities and breadth of neurotheology from the Jewish perspective. More broadly, issues will include a review of the neurosciences and neuroscientific techniques; religious and spiritual experiences; theological development and analysis; liturgy and ritual; epistemology, philosophy, and ethics; and social implications, all from the Jewish perspective.

How God Works - David DeSteno 2021-09-14

Drawing on a wealth of new evidence, pioneering research psychologist David DeSteno shows why religious practices and rituals are so beneficial to those who follow them—and to anyone, regardless of their faith (or lack thereof). Scientists are beginning to discover what believers have known for a long time: the rewards that a religious life can provide. For millennia, people have turned to priests, rabbis, imams, shamans, and others to help them deal with issues of grief and loss, birth and death, morality and meaning. In this absorbing work, DeSteno reveals how numerous religious practices from around the world improve emotional and physical well-being. With empathy and rigor, DeSteno chronicles religious rites and

traditions from cradle to grave. He explains how the Japanese rituals surrounding childbirth help strengthen parental bonds with children. He describes how the Apache Sunrise Ceremony makes teenage girls better able to face the rigors of womanhood. He shows how Buddhist meditation reduces hostility and increases compassion. He demonstrates how the Jewish practice of sitting shiva comforts the bereaved. And much more. DeSteno details how belief itself enhances physical and mental health. But you don't need to be religious to benefit from the trove of wisdom that religion has to offer. Many items in religion's "toolbox" can help the body and mind whether or not one believes. *How God Works* offers advice on how to incorporate many of these practices to help all of us live more meaningful, successful, and satisfying lives.

Born to Believe - Andrew Newberg 2007-10-02

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.

Why God Won't Go Away - Andrew Newberg, M.D. 2008-12-10

Why have we humans always longed to connect with something larger than ourselves? Why does consciousness inevitably involve us in a spiritual quest? Why, in short, won't God go away? Theologians, philosophers, and psychologists have debated this question through the ages, arriving at a range of contradictory and ultimately unprovable answers. But in this brilliant, groundbreaking new book, researchers Andrew Newberg and Eugene d'Aquili offer an explanation that is at once profoundly simple and scientifically precise: the religious impulse is rooted in the biology of the brain. Newberg and d'Aquili base this revolutionary conclusion on a long-term investigation of brain function and behavior as well as studies they conducted using high-tech imaging techniques to examine the brains of meditating Buddhists and Franciscan nuns at prayer. What they discovered was that intensely focused spiritual contemplation triggers an alteration in the activity of the brain that leads us to perceive transcendent religious experiences as solid and tangibly real. In other words, the sensation that Buddhists call "oneness with the universe" and the Franciscans attribute to the palpable presence of God is not a delusion or a manifestation of wishful thinking but rather a chain of neurological events that can be objectively observed, recorded, and actually photographed. The inescapable conclusion is that God is hard-wired into the human brain. In *Why God Won't Go Away*, Newberg and d'Aquili document their pioneering explorations in the field of neurotheology, an emerging discipline dedicated to understanding the complex relationship between spirituality and the brain. Along the way, they delve into such essential questions as whether humans are

biologically compelled to make myths; what is the evolutionary connection between religious ecstasy and sexual orgasm; what do Near Death Experiences reveal about the nature of spiritual phenomena; and how does ritual create its own neurological environment. As their journey unfolds, Newberg and d'Aquili realize that a single, overarching question lies at the heart of their pursuit: Is religion merely a product of biology or has the human brain been mysteriously endowed with the unique capacity to reach and know God?

Blending cutting-edge science with illuminating insights into the nature of consciousness and spirituality, *Why God Won't Go Away* bridges faith and reason, mysticism and empirical data. The neurological basis of how the brain identifies the "real" is nothing short of miraculous. This fascinating, eye-opening book dares to explore both the miracle and the biology of our enduring relationship with God.

Letter to a Christian Nation - Sam Harris 2006

Argues that the increasing power of Christian fundamentalists in American politics threatens the country's citizens, blames the Bible for promoting intolerance of other faiths, and describes atheism as "an admission of the obvious."

How God Changes Your Brain - Andrew Newberg, M.D. 2010-03-23

God is great—for your mental, physical, and spiritual health. Based on new evidence culled from brain-scan studies, a wide-reaching survey of people's religious and spiritual experiences, and the authors' analyses of adult drawings of God, neuroscientist Andrew Newberg and therapist Mark Robert Waldman offer the following breakthrough discoveries:

- Not only do prayer and spiritual practice reduce stress, 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 and depression and increases feelings of security, compassion, and love.
- Fundamentalism, in and of itself, can be personally beneficial, but the 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.

Both a revelatory work of modern science and a practical guide for readers to enhance their physical and emotional health, *How God Changes Your Brain* is a first-of-a-kind book about faith that is as credible as it is inspiring.

God: The Failed Hypothesis - Victor J. Stenger 2010-08-05

Throughout history, arguments for and against the existence of God have been largely confined to philosophy and theology, while science has sat on the sidelines. Despite the fact that science has revolutionized every aspect of human life and greatly clarified our understanding of the world, somehow the notion has arisen that it has nothing to say about the possibility of a supreme being, which much of humanity worships as the source of all reality. This book contends that, if God exists, some evidence for this existence should be detectable by scientific means, especially considering the central role that God is alleged to play in the operation of the universe and the lives of humans. Treating the traditional God concept, as conventionally presented in the Judeo-Christian and Islamic traditions, like any other scientific hypothesis, physicist Stenger examines all of the claims made for God's existence. He considers the latest Intelligent Design arguments as evidence of God's influence in biology. He looks at human behavior for evidence of immaterial souls and the possible effects of prayer. He discusses the findings of physics and astronomy in weighing the suggestions that the universe is the work of a creator and that humans are God's special creation. After evaluating all the scientific evidence, Stenger concludes that beyond a reasonable doubt the universe and life appear exactly as we might expect if there were no God. This paperback edition of the New York Times bestselling hardcover edition contains a new foreword by Christopher Hitchens and a postscript by the author in which he responds to reviewers' criticisms of the original edition.

Why We Believe in God(s) - J. Anderson Thomson 2014-07-01

In this groundbreaking volume, J. Anderson Thomson, Jr., MD, with Clare Aukofer, offers a succinct yet comprehensive study of how and why the human mind generates religious belief. Dr. Thomson, a highly respected practicing psychiatrist with credentials in forensic psychiatry and evolutionary psychology, methodically investigates the components and causes of religious belief in the same way any scientist would investigate the movement of astronomical bodies or the evolution of life over time—that is, as a purely natural phenomenon. Providing compelling evidence from psychology, the cognitive neurosciences, and related fields, he, with Ms. Aukofer, presents an easily accessible and exceptionally convincing case that

god(s) were created by man—not vice versa. With this slim volume, Dr. Thomson establishes himself as a must-read thinker and leading voice on the primacy of reason and science over superstition and religion.

The Mystical Mind - Andrew B. Newberg, Eugene G. D'Aquili 1999

How does the mind experience the sacred? What biological mechanisms are involved in mystical states and trances? Is there a neurological basis for patterns in comparative religions? Does religion have an evolutionary function? This pathbreaking work by two leading medical researchers explores the neurophysiology of religious experience. Building on an explanation of the basic structure of the brain, the authors focus on parts most relevant to human experience, emotion, and cognition. On this basis, they plot how the brain is involved in mystical experiences. Successive chapters apply this scheme to mythmaking, ritual and liturgy, meditation, near-death experiences, and theology itself. Anchored in such research, the authors also sketch the implications of their work for philosophy, science, theology, and the future of religion.

Neurotheology - Andrew Newberg 2018-03-27

Religion is often cast in opposition to science. Yet both are deeply rooted in the inner workings of the human brain. With the advent of the modern cognitive neurosciences, the scientific study of religious and spiritual phenomena has become far more sophisticated and wide-ranging. What might brain scans of people in prayer, in meditation, or under the influence of psychoactive substances teach us about religious and spiritual beliefs? Are religion and spirituality reducible to neurological processes, or might there be aspects that, at least for now, transcend scientific claims? In this book, Andrew Newberg explores the latest findings of neurotheology, the multidisciplinary field linking neuroscience with religious and spiritual phenomena. He investigates some of the most controversial—and potentially transformative—implications of a neurotheological approach for the truth claims of religion and our understanding of minds and brains. Newberg leads readers on a tour through key intersections of neuroscience and theology, including the potential evolutionary basis of religion; the psychology of religion, including mental health and brain pathology; the neuroscience of myths, rituals, and mystical experiences; how studies of altered states of consciousness shed new light on the mind-brain relationship; and what neurotheology can tell us about free will. When brain science and religious experience are considered together in an integrated approach, Newberg shows, we might come closer to a fuller understanding of the deepest questions.

Winning the War in Your Mind - Craig Groeschel 2021-02-16

Are your thoughts out of control—just like your life? Do you long to break free from the spiral of destructive thinking? Let God's truth become your battle plan to win the war in your mind! We've all tried to think our way out of bad habits and unhealthy thought patterns, only to find ourselves stuck with an out-of-control mind and off-track daily life. Pastor and New York Times bestselling author Craig Groeschel understands deeply this daily battle against self-doubt and negative thinking, and in this powerful new book he reveals the strategies he's discovered to change your mind and your life for the long-term. Drawing upon Scripture and the latest findings of brain science, Groeschel lays out practical strategies that will free you from the grip of harmful, destructive thinking and enable you to live the life of joy and peace that God intends you to live. *Winning the War in Your Mind* will help you: Learn how your brain works and see how to rewire it Identify the lies your enemy wants you to believe Recognize and short-circuit your mental triggers for destructive thinking See how prayer and praise will transform your mind Develop practices that allow God's thoughts to become your thoughts God has something better for your life than your old ways of thinking. It's time to change your mind so God can change your life.

Why God Won't Go Away - Alister McGrath 2011-02-15

The recent rise of the New Atheism has aroused great general interest, thrown up questions of fundamental importance, and started a fascinating conversation. *Why God Won't Go Away* invites us to join in. The volume opens with a survey of the main ideas of the New Atheism, as expressed in the works of Richard Dawkins, Daniel Dennett, Sam Harris and Christopher Hitchens. We then examine the core views of the movement closely, making due reference to its 'virtual community' of websites and blogs. Subjects explored include: whether religion is delusional and evil, the belief that human beings are fundamentally good, whether we should have faith only in what can be proved through reason and science, the idea that the best hope for humanity is a 'New Enlightenment' The result is a lively and highly thought-provoking volume that

poses a number of interesting questions. Why is religion experiencing a resurgence in the twenty-first century, when we are meant to have grown out of such a primitive fixation? Has the New Atheism's fascination with rationality led to a fatal underestimation of the longing of the human heart to adore? And if, as Christopher Hitchens writes in exasperation, religion is 'ineradicable', doesn't this tiresome fact suggest that dismissing belief in God as irrational and unscientific might just be a waste of time?

Why We Believe What We Believe - Andrew Newberg 2006-09-12

WHY DO YOU BELIEVE THE THINGS YOU BELIEVE? Do you remember events differently from how they really happened? Where do your superstitions come from? How do morals evolve? Why are some people religious and others nonreligious? Everyone has thoughts and questions like these, and now Andrew Newberg and Mark Waldman expose, for the first time, how our complex views emerge from the neural activities of the brain. Bridging science, psychology, and religion, they demonstrate, in simple terminology, how the brain perceives reality and transforms it into an extraordinary range of personal, ethical, and creative premises that we use to build meaning, value, spirituality, and truth into our lives. When you come to understand this remarkable process, it will change forever the way you look at the world and yourself. Supported by groundbreaking research, including brain scans of people as they pray, meditate, and even speak in tongues, Newberg and Waldman propose a new model for how deep convictions emerge and influence our lives. You will even glimpse how the mind of an atheist works when contemplating God. Using personal stories, moral paradoxes, and optical illusions, the authors demonstrate how our brains construct our fondest assumptions about reality, offering recommendations for exercising your most important muscle in order to develop a more life-affirming, flexible range of attitudes. You'll discover how to: Recognize when your beliefs are altered by others Guard against mental traps and prejudicial thinking Distinguish between destructive and constructive beliefs Cultivate spiritual and ethical ideals Ultimately, we must always return to our beliefs. From the ordinary to the extraordinary, they give meaning to the mysteries of life, providing us with our individual uniqueness and the ability to fill our lives with joy. Most important, though, they give us inspiration and hope, beacons to guide us through the light and dark corners of the soul

Truth for Life - Alistair Begg 2021-11-01

A year of gospel-saturated daily devotions from renowned Bible teacher Alistair Begg. Start with the gospel each and every day with this one-year devotional by renowned Bible teacher Alistair Begg. We all need to be reminded of the truth that anchors our life and excites and equips us to live for Christ. Reflecting on a short passage each day, Alistair spans the Scriptures to show us the greatness and grace of God, and to thrill our hearts to live as His children. His clear, faithful exposition and thoughtful application mean that this resource will both engage your mind and stir your heart. Each day includes prompts to apply what you've read, a related Bible text to enjoy, and a plan for reading through the whole of the Scriptures in a year. The hardback cover and ribbon marker make this a wonderful gift.

The Brain That Changes Itself - Norman Doidge 2007-03-15

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Remember - Lisa Genova 2021-03-23

NEW YORK TIMES BESTSELLER • A fascinating exploration of the intricacies of how we remember, why we forget, and what we can do to protect our memories, from the Harvard-trained neuroscientist and bestselling author of *Still Alice*. "Using her expertise as a neuroscientist and her gifts as a storyteller, Lisa Genova explains the nuances of human memory"—Steven Pinker, Johnstone Professor of Psychology, Harvard University, author of *How the Mind Works* Have you ever felt a crushing wave of panic when you can't for the life of you remember the name of that actor in the movie you saw last week, or you walk into a room only to forget why you went there in the first place? If you're over forty, you're probably not laughing. You might even be worried that these lapses in memory could be an early sign of Alzheimer's or dementia. In reality, for the vast majority of us, these examples of forgetting are completely normal. Why? Because while memory is amazing, it is far from perfect. Our brains aren't designed to remember every name we hear, plan we make, or day we experience. Just because your memory sometimes fails doesn't mean it's broken or succumbing to disease. Forgetting is actually part of being human. In *Remember*, neuroscientist and acclaimed novelist Lisa Genova delves into how memories are made and how we retrieve them. You'll learn whether forgotten memories are temporarily inaccessible or erased forever and why some memories are built to exist for only a few seconds (like a passcode) while others can last a lifetime (your wedding day). You'll come to appreciate the clear distinction between normal forgetting (where you parked your car) and forgetting due to Alzheimer's (that you own a car). And you'll see how memory is profoundly impacted by meaning, emotion, sleep, stress, and context. Once you understand the language of memory and how it functions, its incredible strengths and maddening weaknesses, its natural vulnerabilities and potential superpowers, you can both vastly improve your ability to remember and feel less rattled when you inevitably forget. You can set educated expectations for your memory, and in doing so, create a better relationship with it. You don't have to fear it anymore. And that can be life-changing.

The Believing Brain - Michael Shermer 2011-05-24

The Believing Brain is bestselling author Michael Shermer's comprehensive and provocative theory on how beliefs are born, formed, reinforced, challenged, changed, and extinguished. In this work synthesizing thirty years of research, psychologist, historian of science, and the world's best-known skeptic Michael Shermer upends the traditional thinking about how humans form beliefs about the world. Simply put, beliefs come first and explanations for beliefs follow. The brain, Shermer argues, is a belief engine. From sensory data flowing in through the senses, the brain naturally begins to look for and find patterns, and then infuses those patterns with meaning. Our brains connect the dots of our world into meaningful patterns that explain why things happen, and these patterns become beliefs. Once beliefs are formed the brain begins to look for and find confirmatory evidence in support of those beliefs, which accelerates the process of reinforcing them, and round and round the process goes in a positive-feedback loop of belief confirmation. Shermer outlines the numerous cognitive tools our brains engage to reinforce our beliefs as truths. Interlaced with his theory of belief, Shermer provides countless real-world examples of how this process operates, from politics, economics, and religion to conspiracy theories, the supernatural, and the paranormal. Ultimately, he demonstrates why science is the best tool ever devised to determine whether or not a belief matches reality.

Why Would Anyone Believe in God? - Justin L. Barrett 2004

Because of the design of our minds. That is Justin Barrett's simple answer to the question of his title. With rich evidence from cognitive science but without technical language, psychologist Barrett shows that belief in God is an almost inevitable consequence of the kind of minds we have. Most of what we believe comes from mental tools working below our conscious awareness. And what we believe consciously is in large part driven by these unconscious beliefs. Barrett demonstrates that beliefs in gods match up well with these automatic assumptions; beliefs in an all-knowing, all-powerful God match up even better. Barrett goes on to explain why beliefs like religious beliefs are so widespread and why it is very difficult for our minds to think without them. Anyone who wants a concise, clear, and scientific explanation of why anyone would believe in God should pick up Barrett's book.

Why Evolution is True - Jerry A. Coyne 2010-01-14

For all the discussion in the media about creationism and 'Intelligent Design', virtually nothing has been said about the evidence in question - the evidence for evolution by natural selection. Yet, as this succinct

and important book shows, that evidence is vast, varied, and magnificent, and drawn from many disparate fields of science. The very latest research is uncovering a stream of evidence revealing evolution in action - from the actual observation of a species splitting into two, to new fossil discoveries, to the deciphering of the evidence stored in our genome. *Why Evolution is True* weaves together the many threads of modern work in genetics, palaeontology, geology, molecular biology, anatomy, and development to demonstrate the 'indelible stamp' of the processes first proposed by Darwin. It is a crisp, lucid, and accessible statement that will leave no one with an open mind in any doubt about the truth of evolution.

Words Can Change Your Brain - Andrew Newberg 2013-07-30

In our default state, our brains constantly get in the way of effective communication. They are lazy, angry, immature, and distracted. They can make a difficult conversation impossible. But Andrew Newberg, M.D., and Mark Waldman have discovered a powerful strategy called Compassionate Communication that allows two brains to work together as one. Using brain scans as well as data collected from workshops given to MBA students at Loyola Marymount University, and clinical data from both couples in therapy and organizations helping caregivers cope with patient suffering, Newberg and Waldman have seen that Compassionate Communication can reposition a difficult conversation to lead to a satisfying conclusion.

Whether you are negotiating with your boss or your spouse, the brain works the same way and responds to the same cues. The truth, though, is that you don't have to understand how Compassionate Communication works. You just have to do it. Some of the simple and effective takeaways in this book include:

- Make sure you are relaxed; yawning several times before (not during) the meeting will do the trick
- Never speak for more than 20-30 seconds at a time. After that the other person's window of attention closes.
- Use positive speech; you will need at least three positives to overcome the effect of every negative used
- Speak slowly; pause between words. This is critical, but really hard to do.
- Respond to the other person; do not shift the conversation.
- Remember that the brain can only hold onto about four ideas at one time

Highly effective across a wide range of settings, Compassionate Communication is an excellent tool for conflict resolution but also for simply getting your point across or delivering difficult news.

The Art of Rest - Claudia Hammond 2019-11-21

Shortlisted for the British Psychological Society Book Award for Popular Science Much of value has been written about sleep, but rest is different; it is how we unwind, calm our minds and recharge our bodies. *The Art of Rest* draws on ground-breaking research Claudia Hammond collaborated on: 'The Rest Test', the largest global survey into rest ever undertaken, completed by 18,000 people across 135 different countries. The survey revealed how people get rest and how it is directly linked to your sense of wellbeing. Counting down through the top ten activities which people find most restful, Hammond explains why rest matters, examines the science behind the results to establish what really works and offers a roadmap for a new, more restful and balanced life.

How Enlightenment Changes Your Brain - Andrew Newberg, MD 2016-03-15

In this original and groundbreaking book, Dr Andrew Newberg and Mark Robert Waldman turn their attention to the pinnacle of the human experience: enlightenment. Through his brain-scan studies on Brazilian psychic mediums, Sufi mystics, Buddhist meditators, Franciscan nuns, Pentecostals, and participants in secular spirituality rituals, Newberg has found the specific neurological mechanisms responsible for an enlightenment experience - and how we can activate those circuits in our own brains. In his survey of more than one thousand people who have experienced enlightenment, Newberg has also discovered that in the aftermath they have had profound, positive life changes. Enlightenment offers us the possibility to become permanently less stress-prone, to break bad habits, to improve our collaboration and creativity skills, and to lead happier, more satisfying lives. Relaying the story of his own transformational experience as well as including the stories of others who try to describe an event that is truly indescribable, Newberg brings us a new paradigm for deep and lasting change.

The Science of Near-Death Experiences - John C. Hagan 2017-01-30

What happens to consciousness during the act of dying? The most compelling answers come from people who almost die and later recall events that occurred while lifesaving resuscitation, emergency care, or surgery was performed. These events are now called near-death experiences (NDEs). As medical and surgical skills improve, innovative procedures can bring back patients who have traveled farther on the

path to death than at any other time in history. Physicians and healthcare professionals must learn how to appropriately treat patients who report an NDE. It is estimated that more than 10 million people in the United States have experienced an NDE. Hagan and the contributors to this volume engage in evidence-based research on near-death experiences and include physicians who themselves have undergone a near-death experience. This book establishes a new paradigm for NDEs.

Breaking the Spell - Daniel C. Dennett 2006-02-02

The New York Times bestseller - a "crystal-clear, constantly engaging" (Jared Diamond) exploration of the role that religious belief plays in our lives and our interactions For all the thousands of books that have been written about religion, few until this one have attempted to examine it scientifically: to ask why—and how—it has shaped so many lives so strongly. Is religion a product of blind evolutionary instinct or rational choice? Is it truly the best way to live a moral life? Ranging through biology, history, and psychology, Daniel C. Dennett charts religion's evolution from "wild" folk belief to "domesticated" dogma. Not an antireligious screed but an unblinking look beneath the veil of orthodoxy, *Breaking the Spell* will be read and debated by believers and skeptics alike.

Story Genius - Lisa Cron 2016-08-09

Following on the heels of Lisa Cron's breakout first book, *Wired for Story*, this writing guide reveals how to use cognitive storytelling strategies to build a scene-by-scene blueprint for a riveting story. It's every novelist's greatest fear: pouring their blood, sweat, and tears into writing hundreds of pages only to realize that their story has no sense of urgency, no internal logic, and so is a page one rewrite. The prevailing wisdom in the writing community is that there are just two ways around this problem: pantsing (winging it) and plotting (focusing on the external plot). Story coach Lisa Cron has spent her career discovering why these methods don't work and coming up with a powerful alternative, based on the science behind what our brains are wired to crave in every story we read (and it's not what you think). In *Story Genius* Cron takes you, step-by-step, through the creation of a novel from the first glimmer of an idea, to a complete multilayered blueprint—including fully realized scenes—that evolves into a first draft with the authority, richness, and command of a riveting sixth or seventh draft.

The "God" Part of the Brain - Matthew Alper 2008-09-01

Is Man the product of a God...or is "God" the product of human evolution? From the dawn of our species, every human culture-no matter how isolated-has believed in some form of a spiritual realm. According to author Matthew Alper, this is no mere coincidence but rather due to the fact that humans, as a species, are genetically predisposed to believe in the universal concepts of a god, a soul and an afterlife. This instinct to believe is the result of an evolutionary adaptation-a coping mechanism-that emerged in our species to help us survive our unique and otherwise debilitating awareness of death. Spiritual seekers and atheists alike will be compelled and transformed by Matthew Alper's classic study of science and religion. The 'God' Part of the Brain has gained critical acclaim from some of the world's leading scientists, secular humanists, and theologians, and is as a must read for anyone who has pondered the question of God's existence, as well as the meaning of our own. Praise for *The "God" Part of the Brain* "This cult classic in many ways parallels Rene Descartes' search for reliable and certain knowledge...Drawing on such disciplines as philosophy, psychology, and biology, Alper argues that belief in a spiritual realm is an evolutionary coping method that developed to help humankind deal with the fear of death...Highly recommended."— Library Journal "I very much enjoyed the account of your spiritual journey and believe it would make excellent reading for every college student - the resultant residence-hall debates would be the best part of their education. It often occurs to me that if, against all odds, there is a judgmental God and heaven, it will come to pass that when the pearly gates open, those who had the valor to think for themselves will be escorted to the head of the line, garlanded, and given their own personal audience." — Edward O. Wilson, two-time Pulitzer Prize-Winner "This is an essential book for those in search of a scientific understanding of man's spiritual nature. Matthew Alper navigates the reader through a labyrinth of intriguing questions and then offers undoubtedly clear answers that lead to a better understanding of our objective reality." — Elena Rusyn, MD, PhD; Gray Laboratory; Harvard Medical School "What a wonderful book you have written. It was not only brilliant and provocative but also revolutionary in its approach to spirituality as an inherited trait."— Arnold Sadwin, MD, former chief of Neuropsychiatry at the University of Pennsylvania "A lively

manifesto...For the discipline's specific application to the matter at hand, I've seen nothing that matches the fury of The 'God' Part of the Brain, which perhaps explains why it's earned something of a cult following." — Salon.com "All 6 billion plus inhabitants of Earth should be in possession of this book. Alper's tome should be placed in the sacred writings' section of libraries, bookstores, and dwellings throughout the world. Matthew Alper is the new Galileo...Immensely important...Defines in a clear and concise manner what each of us already knew but were afraid to admit and exclaim."— John Scoggins, PhD "Vibrant ... vivacious. An entertaining and provocative introduction to speculations concerning the neural basis of spirituality."— Free Inquiry Magazine

Brain Wreck - Becky Dennis 2012-11

At 8,000 miles away from home, a business professional delivers a polished presentation to a group of executives. And within two hours, she forgets how to walk. Talking becomes too strenuous. She is struck by an odd series of neurological deficits that baffle her and a dozen doctors ... for 27 months. Brain Wreck is a must read for anyone who has witnessed the frustration of a mysterious illness. This is a story of determination and an unrelenting journey to save one's mind. With humor and unabashed honesty, the author restores a shattered spirit while striving to be "normal."

Why God Won't Go Away - Andrew Newberg, M.D. 2002-03-26

Why have we humans always longed to connect with something larger than ourselves? Even today in our technologically advanced age, more than seventy percent of Americans claim to believe in God. Why, in short, won't God go away? In this groundbreaking new book, researchers Andrew Newberg and Eugene d'Aquili offer an explanation that is at once profoundly simple and scientifically precise: The religious impulse is rooted in the biology of the brain. In *Why God Won't Go Away*, Newberg and d'Aquili document their pioneering explorations in the field of neurotheology, an emerging discipline dedicated to understanding the complex relationship between spirituality and the brain. Blending cutting-edge science with illuminating insights into the nature of consciousness and spirituality, they bridge faith and reason, mysticism and empirical data. The neurological basis of how the brain identifies the "real" is nothing short of miraculous. This fascinating, eye-opening book dares to explore both the miracle and the biology of our enduring relationship with God.

Principles of Neurotheology - Assoc Prof Andrew B Newberg 2013-06-28

"Neurotheology" has garnered substantial attention in the academic and lay communities in recent years. Several books have been written addressing the relationship between the brain and religious experience and numerous scholarly articles have been published on the topic, some in the popular press. The scientific and religious communities have been very interested in obtaining more information regarding neurotheology, how to approach this topic, and how science and religion can be integrated in some manner that preserves both. If neurotheology is to be considered a viable field going forward, it requires a set of clear principles that can be generally agreed upon and supported by both the theological or religious perspective and the scientific one as well. *Principles of Neurotheology* sets out the necessary principles of neurotheology which can be used as a foundation for future neurotheological discourse. Laying the groundwork for a new synthesis of scientific and theological dialogue, this book proposes that neurotheology, a term fraught with potential problems, is a highly useful and important voice in the greater study of religious and theological ideas and their intersection with science.

Religion Explained - Pascal Boyer 2007-03-21

Many of our questions about religion, says renowned anthropologist Pascal Boyer, are no longer mysteries. We are beginning to know how to answer questions such as "Why do people have religion?" Using findings from anthropology, cognitive science, linguistics, and evolutionary biology, *Religion Explained* shows how this aspect of human consciousness is increasingly admissible to coherent, naturalistic explanation. This brilliant and controversial book gives readers the first scientific explanation for what religious feeling is really about, what it consists of, and where it comes from.

Handy as I Wanna be - Vince Rause 1999

Vinnie is a regular guy whose life revolves around his bottomless love for his wife and his insatiable need to tackle any and all home repair projects. Unfortunately, these two things are not always compatible!

Skeptic - Michael Shermer 2016-01-12

Collected essays from bestselling author Michael Shermer's celebrated columns in *Scientific American* For fifteen years, bestselling author Michael Shermer has written a column in *Scientific American* magazine that synthesizes scientific concepts and theory for a general audience. His trademark combination of deep scientific understanding and entertaining writing style has thrilled his huge and devoted audience for years. Now, in *Skeptic*, seventy-five of these columns are available together for the first time; a welcome addition for his fans and a stimulating introduction for new readers.

The God-Shaped Brain - Timothy R. Jennings 2017-04-18

What you believe about God actually changes your brain. Psychiatrist Tim Jennings unveils how our brains and bodies thrive when we have a healthy understanding of who God is. This expanded edition now includes a study guide to help you discover how neuroscience and Scripture come together to bring healing and transformation to our lives.

The Death of Carthage - Robin E. Levin 2011-12

The Death of Carthage tells the story of the Second and third Punic wars that took place between ancient Rome and Carthage in three parts. The first book, *Carthage Must Be Destroyed*, covering the second Punic war, is told in the first person by Lucius Tullius Varro, a young Roman of equestrian status who is recruited into the Roman cavalry at the beginning of the war in 218 BC. Lucius serves in Spain under the Consul Publius Cornelius Scipio and his brother, the Proconsul Cneius Cornelius Scipio. *Captivus*, the second book, is narrated by Lucius's first cousin Enneus, who is recruited to the Roman cavalry under Gaius Flaminius and taken prisoner by Hannibal's general Maharbal after the disastrous Roman defeat at Lake Trasimene in 217 BC. Enneus is transported to Greece and sold as a slave, where he is put to work as a shepherd on a large estate and establishes his life there. The third and final book, *The Death of Carthage*, is narrated by Enneus's son, Ectorius. As a rare bilingual, Ectorius becomes a translator and serves in the Roman army during the war and witnesses the total destruction of Carthage in the year 146 BC. This historical saga, full of minute details on day-to-day life in ancient times, depicts two great civilizations on the cusp of influencing the world for centuries to come.

Rewire Your Brain - John B. Arden 2010-03-22

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: *Brain-Based Therapy-Adult*, *Brain-Based Therapy-Child*, *Improving Your Memory For Dummies* and *Heal Your Anxiety Workbook* Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, *Rewire Your Brain* will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

The Hidden Brain - Shankar Vedantam 2010-01-19

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar

Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

The God Gene - Dean H. Hamer 2005-09-27

The overwhelming majority of Americans believe in God; this conviction has existed since the beginning of recorded time and is shared by billions around the world. In *The God Gene*, Dr. Dean Hamer reveals that this inclination towards religious faith is in good measure due to our genes and may even offer an

evolutionary advantage by helping us get through difficulties, reducing stress, preventing disease, and extending life. Popular science at its best, *The God Gene* is an in-depth, fully accessible inquiry into cutting-edge research that can change the way we see ourselves and the world around us. Written with balance, integrity, and admirable scientific objectivity, this is a book for readers of science and religion alike.

The Biology of Religious Behavior - Jay R. Feierman 2009

Offers a fresh and detailed take on the evolution of religious behavior from a biobehavioral perspective, promoting a new understanding that may help build bridges across the religious divide.