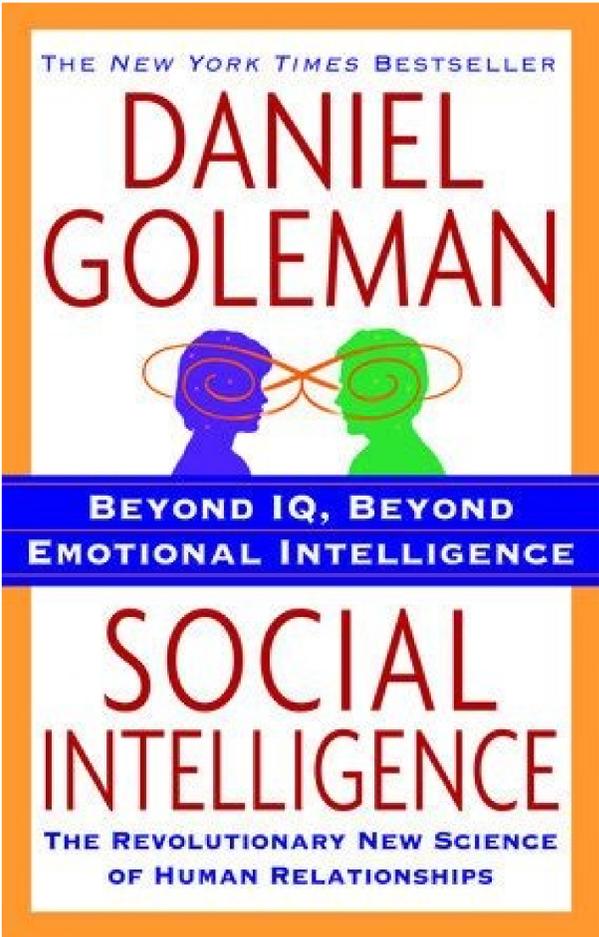
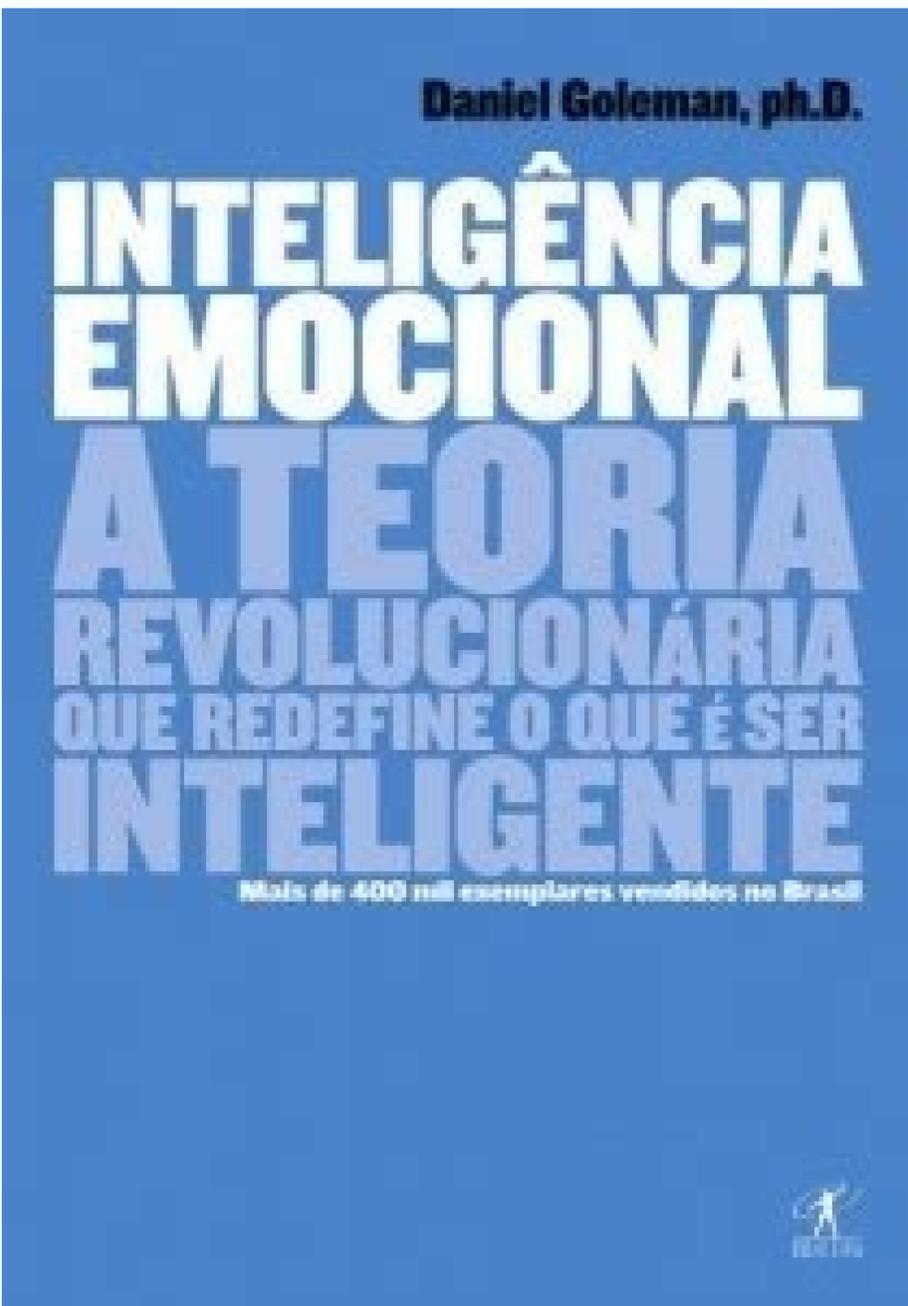


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But, if you have enough time then go for it. Off setting the tone of the reader and I'm glad he read it! Having read previous books by Daniel Goleman I was excited about this one. Very insightful. I started skipping chapters to see if it was going to actually get-on-with-it, found it very boring but informative, got tired of the narrators voice and struggled to keep attention I got great use out of listening to this book both practically and academically. I think we can no prove that meditation works. Perhaps ten percent of it contains anything resembling "science" or revelations from scientific efforts. Kept my attention but the authors voice was hard to listen to, if you want to focus on the nuts and bolts just read the summaries, could easily have been a 30 minute podcast. Although the science seems precise and convincing the presentation is dry and repetitive, mentioning too many unnecessary details and I had a hard time listening to and paying attention to the content. Great book for the science minded meditator. Very worth listening to. I have purchased countless books on the subjects. He makes a compelling case that what we do know is sufficient to take the next step - help humanity wake up to the possibility of actually solving a lot of our big problems. It'd be ok if it were for just a moment, but the whole book is written that way. I am convinced this is the right path for me. It was amazing. Nope. The stories feel like a distraction rather than something that pulls you in. loved the wrap up at the end of each chapter. Have been in to Vipassana meditation. Here is a book not to be missed. It is a concise account of last decades of research using latest techniques like functional MRI and EEG mappings on brains of hardcore Yogis and Olympic level Meditators. Sometimes it felt like he was an acquaintance just having a chat. I also enjoyed the fact one of the authors read the book. I skipped forward a bit to try to get to the meat and then just gave up. Plenty of nice evidence, take away is yes you should meditate, it was a bit boring tbh and lots of unnecessary filler. I have a few that are still queued up that I intent to finish at some point so I am true to myself. Do yourself a favor don't make this your first one on the topic and skip it if, like me, you have been studying for some time. He summarizes in a nice way the scientific literature on contemplative practices. Other reviewers are right that when the authors write about themselves in the 3rd person, it doesn't work. Who published this self-serving tripe? If you are looking for a well informed, researched based book on the facts around meditation, I highly recommend you listen to this audio book :) A fair review of the science behind meditation from the people closest to the research. love it, my fight and flight response has abated since I started meditation, I thought it was mumbo jumbo, but once I started meditating I felt calmer and more caring. The book does not present a story throughout, instead each chapter present scientific findings related to meditation and mindfulness. Some of the top rated and some not so high up the list and every one has been far better than this book. While I did enjoy anecdotes of the author's own meditation and research journeys, self-congratulation still isn't called for, and it even undermines slightly a central claim that meditation reduces the compulsion to satisfy your ego. Supported with evidence and a critical evaluative approach. There are sooooo many better books out there on meditation and mindfulness. Stephen Shortall 02-03-18 No crazy claims made, points out holes in research. Not worth the credit. this book does an excellent job of reviewing the research done on meditation and its effects. I thought it not worth the time to read I have a standing rule that I will listen to any audio book I purchase until the end, no matter what. Normally I enjoy when the author reads their own work. As a noob meditation enthusiast I was overwhelmed by the volume of meditation app and course peddlers. The overview of the science behind meditation makes a very compelling case. Some of the most interesting research and anecdotes in the field of neuroscience today. I'm SO thrilled to have found (and devoured!) this book and now feel confident to choose my direction, look for appropriate teachers, and embark on this hopefully to be remainder of my life journey into meditation! 🙏🙏🙏 So much gratitude to the authors for all their life work that went into creating this treasured work. Well worth the listen. I needed a classification guide to understand what broad types exist, what do each purport to offer, and which claims to believe and which to discard. Thank you for providing the evidence or at least some. I had a hard time figuring out where the authors were going with this book. Unfortunately I struggled to finish it as I thought he was going on and on about things and not getting anywhere. I was referred this book by an experienced practitioner on a forum. Thanks for the great book! Great book. Don't waste your time. I do not see what people are getting from this book. Furthermore, it offers re-sources and concepts that can improve daily life. using the different kinds of meditation. If you're considering taking up meditation, this book is a must read. Dry but informative and useful. But the story of meditation and the studies were so captivating that it was ok. A work of research spanning some forty years, including the most recently available data, it demonstrates beyond reasonable doubt the many - and often profound - benefits of practising meditation. He is brutally honest about why a lot of the sciences isn't solid, suggest areas for additional research, and points out the limitations of what we actually know. Just babbling about who traveled where and did what, some vague references to studies that were completed, and just plain dribble for two hours. Instead of sounding personal and engaging, it sounds jarring. Powerful knowledge with a worthy cause. Worth the time for those with an interest in cognitive science otherwise a condensed version could suit. It has a great way of explaining research based evidence in a user friendly manner. I had a little difficulty in understanding the narrator before I started listening to the audio on a lower speed. Luanna Vieira Leite 11-01-18 Good to know the proven benefits of meditation. Very academic. what a brilliant read. A scientific account of Spirituality and Religionism. In this book you will hear first hand from the researchers themselves about the studies they and others have worked on and where a test came back with results that did not prove there theories you will hear directly from them how and why these tests are not concrete. It is strange that one of the authors is a journalist, because the writing does not flow. This understated book states what could save humanity from its prevalent condition. Unfortunately, the authors hail themselves as

pioneers in the field, unsung heroes in the value of their research saw them stare down their way to the world and while this book will not actually teach you to meditate that’s not what it is for. So often these authors use some scientific research to ground their initial take on meditation and then just go off from that point making more unproven claims then proven. Didn’t enjoy narrators voice. Have started a mindfulness meditation practice and am seeing where it leads me. Excellent book, masterfully read. A great overview of studies in contemplative neuroscience and their findings. This one has been relegated to that queue. Reading between the lines it provides hope for us as individuals and a species. Fascinating stories and findings. Although, felt like lots of information which didn’t meant much, it also speaks to the topic of what makes valid research. NOT TO BE MISSED. I’ve ever come across a few failed studies within this book that other ‘science’ based meditation books have touted as evidence for there theories, while in this book the researches themselves have explained why these studies actually don’t prove anything.To me this is the first book that actually blends the lack of who you would expect from people who both love Science and Meditation people who are brave enough to admit when there theories can and cannot be scientifically proven. Really good, nice the author read it but his voice can lose you, however I find with these kinds of books a little and often rather than all at once helps. So many books claim to address meditation scientifically however most of these books to me have been a massive disappointments. My point is, when you’re presenting research on an interesting field, the research should be the star. Read this if you want to know about the science of meditation and not the fluff that we are being told is real. and how the scientific community has gotten away from it in some respects. AGGELOS IOAKIMIDES 04-05-18 This book contains an animal into the explorations of two scientists into the world of meditation. I enjoyed the insights given into topics that are often clouded by the media or never reach the general public. I loved how the author summarised the key findings at the end of the book into three different groups of meditators. Same old stuff.And to make matters worse, the narrator speaks like he is reading a kids book to a bunch of first graders. Over two hours into the book and so far, no substance what so ever. However I thought this was an interesting and thoughtful concept. Not that it could have saved this book, but spend the money and get a professional narrator next time.I would have given it one star in every category, but since I did not finish the book, I gave it two stars for story. The repeated “we’re so great and we were beyond our time” makes this book tedious and unbearable. JmaudibleÀ Beasley 02-04-20 It’s a good book. Perhaps it’s one to be listened to whilst resting rather than running errands, exercising etc.Narrator is excellent though. Good narrator! What a wonderful book. Great insight into the benefits of meditation and the science and positive change it can bring to each individual as well as society as a whole. I will admit the author’s kind of go on tangents about there meditation experiences and retreats. but they make up for it with a focused in a nutshell summary at the end of each chapter. I hope to aspire to reach 9000 hrs my 360hrs seems a long way off . I will reach it with peace in my heart. So disappointed. Most of this book is miscellaneous ramblings about various personages involved in different levels of meditation or similar concepts. I wish I could get a refund Actual information if present at all is buried so deep in this disjointed informal way you can’t get to it. I practice meditation daily and am working to making living mindfully a way of life. I had started with an ongoing childhood quest that ,” Why do all Gods meditate?..and is it important to meditate or just do pooja etc?“.Read almost all enlightening and beautiful texts including Gita’s of Hindu religion and other vedic books of Advait Vedanta.

Daniel Goleman (Stockton, 7 marzo 1946) è uno psicologo, scrittore e giornalista statunitense.Ha studiato all'Amherst College, dove è stato allievo di Alfred F. Jones.Si è laureato ad Harvard, ... Daniel Goleman, author of the best seller Emotional Intelligence, and host of the podcast First Person Plural: Emotional Intelligence and Beyond, is a regular contributor to Korn Ferry.His ... Daniel Coleman, author of the bestseller “Emotional Intelligence,” and co-developer of Goleman EI online learning platform, is a regular contributor to Korn Ferry. His latest book, “Altered Traits: ... Altered Traits The Emotional Life of Your Brain The Mind’s Own Physician Support the Work Healthy Minds Program Contact Well-Being is a Skill. The science behind this fact makes a ... Altered Traits is the joint effort of two highly respected figures in the world of neuroscience and science journalism, Richard Davidson and Daniel Goleman, respectively. They’re also longtime ... Daniel Goleman, best known for his ... Unleashing the Power of Emotional Intelligence and Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body. Tweet. Post. Share. 2. "Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain and Body" Tác giả: Daniel Goleman và Richard Davidson . Tam dich: "Đặc điểm biến đổi: Khoa học tiết lộ cách ... Emotional Intelligence, a different way of being smart, is a key to high performance at all levels, particularly for outstanding leadership. Emotional Intelligence is the capacity to recognize our ... 2. "Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain and Body" Tác giả: Daniel Goleman và Richard Davidson . Tam dich: "Đặc điểm biến đổi: Khoa học tiết lộ cách ... Daniel Goleman (born March 7, 1946) is an author and science journalist.For twelve years, he wrote for The New York Times, reporting on the brain and behavioral sciences.His 1995 book ...

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