

Bestselling author of *The Evolution of God* and *Nonzero*

Robert
Wright

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Why

The Science and
Philosophy
of Meditation
and Enlightenment

Buddhism

Is True



"Provocative, informative, and deeply reminding." —*The New York Times Book Review*

Robert Wright

Why Buddhism is True: The Science and Philosophy of Meditation and Enlightenment



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In one of America' (THE BRAND NEW York Times Reserve Review), and as entertaining as it is illuminating..how it can loosen the hold of anxiety, regret, and hatred, and how it can deepen your appreciation of beauty and of other people.is that people don't see the world obviously. In the centre of Buddhist meditative practice is certainly a radical guarantee: We are able to learn to see the globe, including ourselves, more clearly and so gain a deep and morally valid pleasure. In this " He also displays why this transformation functions, drawing on the latest in neuroscience and psychology, and armed with an severe knowledge of human evolution. The result is a story that's "and the reason we make other people suffer—sublime" This book may be the culmination of a personal journey that began with Wright's landmark reserve on evolutionary psychology, The Moral Pet, and deepened seeing that he immersed himself in meditative practice and conversed with some of the globe's most skilled meditators. (THE BRAND NEW Yorker), pathbreaking reserve, Robert Wright displays how taking this promise seriously can transform your existence—provocative, educational and..At the heart of Buddhism is a simple claim: The reason why we suffer—deeply rewarding"s most brilliant writers, a New York Times bestselling journey through psychology, philosophy, and a lot of meditation to show how Buddhism keeps the main element to moral clearness and enduring joy. Written with the wit, clarity, and grace for which Wright is well-known, Why Buddhism HOLDS TRUE lays the building blocks for a spiritual life in a secular age and displays how, in a time of technological distraction and social division, we can conserve ourselves from ourselves, both as individuals and as a species.



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'The Method' for 'The Truth' of evolutionary psychology As Wright sees it, 'The Truth' of the human condition is usually to be found in natural selection, as described through evolutionary psychology in his early publication *The Moral Animal: Why We Are, the Way We Are: THE BRAND NEW Technology of Evolutionary Psychology*. I understand it's not really how these things work, but I actually would have preferred Dr. Waking Up: A Guide to Spirituality Without Faith, by Sam Harris). Actually the concept of full or lasting enlightenment can be held at arms duration. He traces these patterns to natural selection, in ways which is normally plausible, if not supported by evidence. The philosophical approach is comparable to that of Stephen Batchelor in *Confession of a Buddhist Atheist*. This would be more convincing if the studies were cited as a way of evaluating Buddhism against competing theories of well-being, such as for example modern positive psychology, but the reserve generally avoids this type of direct comparison. *Secular Buddhism: Imagining the Dharma in an Uncertain World*. There is a decidedly Gnostic bent to the writing here, right from the beginning, when the movie *Great Book* is cited. just started to annoy me at some time in the later half. And secular-Buddhism is *The Way* (the 'red tablet') which will liberate us out of this countless drama of delusion and frustration." It may help his ideas land better if he didn't produce assumptions about the reader based on his own insecurities. *The Evolution of God* (Back Bay Readers' Pick), where biological and cultural evolution are instead 'divine' processes by which the nice becomes manifest in the world. (The God-as-Evolution view is also that of the 'Integral' spirituality of Ken Wilber, Steve McIntosh, and others.) Part of the book is dedicated to showing that the key ideas of secular-Buddhism are scientifically true, through dialogue of studies in psychology and neuroscience (a strategy shared with This 'secular Buddhism' is Buddhism without reincarnation, spirits or gods. and That is reflective of the basic approach of secular-Buddhism: the concepts which don't discover support in scientific studies, such as reincarnation, or enduring enlightenment, are abandoned or de-emphasized. As a dialogue of why meditation is effective, I found the reserve useful. Wright expands on the concept of 'no-personal' by presenting a 'modular' model of the mind. The idea is our mind comprises modules with different goals, desires, and believed patterns. The modules jostle and compete with one another on the subconscious level. Only once one of them possesses sufficiently solid feeling, do we then notice its associated thought on a mindful level. While Wright discovers some support because of this modular model from the Insight Meditation school, and from psychological analysis, he formulates it through his very own chosen perspective of evolutionary psychology (Darwinian competition within the subconscious brain). Interestingly, the model can be extended to recommend how mindfulness can improve our 'self'-control, and to weaken the pull of indulgent or addictive behavior. The Audible narrator sounded an excessive amount of like a robot, though it was very clear and well-spoken. Wright could also have taken this approach with Buddhism, discovering how its background as the state religion of multiple empires provides shaped its development as time passes and place. I was longing for this, and am disappointed never to find it right here.. He enlivens the debate with narrative accounts of past conversations and interviews. This book is in lots of ways an individual account: Wright has found a version of secular-Buddhism that's true for him in his life, and he's bringing us along through his experience and thought process. Unlike many authors on Eastern spirituality, he's by no means trying to present himself as enlightened, or a spiritual teacher or guru. Like the author, I want explanations that are grounded in technology and minimize jargon as much as possible. And he's a clear writer—he will not try to intimidate us with obtuseness and paradox, even when addressing difficult principles. The book isn't always convincing, nonetheless it is engaging, approachable, and thought-provoking. I wish I could give

it ten stars Like the author, I also continued a ten-day Vipassana meditation retreat nearly twelve years ago.) If you are willing to learn and practice mindfulness meditation, reading this book may transformation your life. Good read but Good read but We wish he didn't spend so much time apologizing for himself. After that I have struggled to understand and articulate the central tenet of Buddhism - Emptiness. He is refreshingly unpretentious--humorously self-effacing, and transparent about his motivations for composing. This book is something special. (And I shall give this book as a gift to my friends and family. I had an identical knowledge. A gem. Wright uses his personal knowledge and his art of composing lucidly and eloquently (I also cherished Wright's *The Moral Pet*) to assimilate wisdom from evolutionary biology and psychology to make this book full of insights and wisdom. This is a tall claim - and I avoid making big claims - however in this case After all it. Not a Demonstration of the reality of Buddhism, But Still a Good Book Like other reviewers, I found less in this book than is suggested by the title -- but I still found it a fascinating and worthwhile book. To begin with, the "notes". Readers searching for a critical examination of Buddhism, one of the world's great religions, won't find it here. Instead, it examines one type of modern, non-secular Buddhism. Not every thesis rings true without qualification, but by absorbing the message we may realize that those qualifications are much less important than we thought. It wasn't poor . Because Wright targets meditation as a means of trying to lessen the effect of unproductive patterns of considering. Secular, naturalistic Buddhism rests about a few key ideas: the theory that people don't have an essential 'self' (no-self), the idea that dissatisfaction (*dukkha*) is due to the 'hedonic treadmill machine' of pursuit of pleasure and avoidance of pain, and that meditation might help us to get off this treadmill. Secular-Buddhism is normally reformulating Buddhism to be more consistent with contemporary psychology, a dynamic which complicates the question of whether science may be used to display that 'Buddhism is True'. Additionally it is well written and amusing, leaving me interested in reading other functions by this author.. And he argues that truth is uniquely tackled by 'The Way' of Buddhism, or at least naturalistic Buddhism. Wright's voice (that i heard through the online class he could give through the Coursera platform, "Buddhism and Modern Psychology") to the tone of voice of the narrator of the Audible edition of the book. One of the pleasures of *The Evolution of God* was its detailed historical types of the ways that the 'spiritual industry' of competing ideas, and the needs of merchants, kings, and rulers all influenced the advancement of ancient Judaism, Christianity, and Islam. Just not as "easy on the ears" as Professor Wright's voice. I did not last all ten days (I left after a week - with permission from the teacher) because the commentary that accompanied the retreat had not been satisfying the questions which were bubbling up in my mind. He must give the reader even more credit for being in a position to swallow these ideas without considering they're bonkers. He's constantly saying things such as "I'm just trying to convince you that the perception I acquired isn't as crazy as it might have sounded. This view of evolution stands in marked contrast with that of Wright's previous publication, Otherwise I think the book is certainly insightful and interesting; Here natural selection is the procedure which keeps us in circumstances of delusion, warps our perceptions of fact, prevents us from encountering lasting contentment and satisfaction, and will keep us trapped on the hedonic treadmill. Great message, but wordy I wanted to such as this more. Why interesting enough to work with?. However, Wright rather manages to deal with some pretty delicate philosophical issues, such as the distinction between your Buddhist concept of 'emptiness' (*sunyata*) and Hindu non-dualism, in a fashion that is unusually accessible. it was just repetitive, which made it tough to finish - by the finish, any new information is definitely a fraction of what's being said. and a great book! Possibly transformative read! An excellent case

for meditation, that ought to convince skeptics to at least try it. An insightful appear at what makes our minds tick, and how we may train them to start to see the world clearer. Nor will they look for a rigorous scientific study of Buddhism even for the reason that very narrow description: Wright proposes interesting theories based on natural selections, but doesn't provide very much in the form of evidence. Great Great Buddhism and Science. Gave myself a clearer link between the two. The power of meditation is even more profound than I acquired understand understood. It is worthy of developing this habit. As Described.. Fantastic and Interesting Book This was an extremely well-written and thought-provoking read. Great book Enjoyed the read.The Matrix ..value.



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