A COMPLETE MEDITATION GUIDE INTEGRATING BUDDHIST WISDOM AND BRAIN SCIENCE FOR GREATER MINDFULNESS

The

MIND

ILLUMINATED

CULADASA (JOHN YATES, PHD) AND MATTHEW IMMERGUT, PHD WITH JEREMY GRAVES John Yates

The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science for Greater Mindfulness



A revolutionary, science-based method of meditation from a neuroscientist turned meditation get better at, The Mind Illuminated can be an accessible, step-by-stage toolkit for anyone looking to begin—or improve—The book that bestselling meditation teacher Sharon Salzberg raves "their daily meditation practice. Dr. The Mind Illuminated is the 1st how-to meditation lead from a neuroscientist who's also an acclaimed meditation expert. The Mind Illuminated is an essential read, whether you are a beginner wanting to set up your practice or a seasoned veteran ready to grasp the deepest state of peace and mindfulness.brings the path of meditation to life," John Yates provides a fresh and fascinating model of how the mind works, including actions to overcome brain wandering and dullness, extending your interest span while meditating, and subduing subtle distractions. This groundbreaking manual provides illustrations and charts to help you sort out each stage of the process, offering tools that function across all types of meditation practices. This innovative book offers a 10-stage program that's both deeply grounded in historic spiritual teachings about mindfulness and holistic health, and also draws from the latest brain science to supply a roadmap for anyone interested in reaching the benefits of mindfulness.



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