

Why Buddhism Is True The Science And Philosophy Of Meditation And Enlightenment

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Written with the wit, clarity, and grace for which Wright is famous, *Why Buddhism Is True* lays the foundation for a spiritual life in a secular age and shows how, in a time of technological distraction and social division, we can save ourselves from ourselves, both as individuals and as a species.

[Amazon.com: Why Buddhism is True: The Science and ...](#)

In *Why Buddhism is True*, Wright leads readers on a journey through psychology, philosophy, and a great many silent retreats to show how and why meditation can serve as the foundation for a spiritual life in a secular age. At once excitingly ambitious and wittily accessible, this is the first book to combine evolutionary psychology with cutting-edge neuroscience to defend the radical claims at the heart of Buddhist philosophy.

[Why Buddhism is True: The Science and Philosophy of ...](#)

Why Buddhism is True: The Science and Philosophy of Meditation and Enlightenment is a 2017 book by journalist and evolutionary psychologist Robert Wright. As of August 2017, the book had peaked at *The New York Times* No. 4 bestseller in hardcover nonfiction.

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~~Why Buddhism is True: The Science and Philosophy of ...~~

Wright locates the answer in Buddhism, which figured out thousands of years ago what scientists are only discovering now. Buddhism holds that human suffering is a result of not seeing the world clearly—and proposes that seeing the world more clearly, through meditation, will make us better, happier people.

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It's an opening that can lead us to something essential, and essentially true, that Buddhism has to teach us about being human. Wright's insight on this point is just one of the many truths in his...

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Robert Wright's *Why Buddhism Is True: The Science and Philosophy of Meditation and Enlightenment* (2017) considers Buddhism through the lens of evolutionary psychology, a discipline that regards natural selection as the provenance of many mental traits.

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Why Buddhism Is True – The Science and Philosophy of Meditation and Enlightenment. “I have been waiting all my life for a readable, lucid explanation of Buddhism by a tough-minded, skeptical intellect. Here it is. This is a scientific and spiritual voyage unlike any I have taken before.”.

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Why Buddhism Is True: The Science and Philosophy of Meditation and Enlightenment. Robert Wright (Simon and Schuster, 2017)

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Buddhism holds that human suffering is a result of not seeing the world clearly—and proposes that seeing the world more clearly, through meditation, will make us better, happier people. In *Why Buddhism is True*, Wright leads readers on a journey through psychology, philosophy, and a great many silent retreats to show how and why meditation can serve as the foundation for a spiritual life in a secular age.

~~ABOUT THE BOOK — Why Buddhism Is True~~

Full Book Name: *Why Buddhism is True: The Science and Philosophy of Meditation and Enlightenment*. Author Name: Robert Wright. Book Genre: Buddhism, Nonfiction, Philosophy, Psychology, Religion, Science, Spirituality. ISBN # 9781439195475.

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Any book with a title like *Why Buddhism Is True* should have some careful qualification somewhere along the way. We might as well get that over with: 1. I'm not talking about the “supernatural” or more exotically metaphysical parts of Buddhism—reincarnation, for example—but rather about the naturalistic parts: ideas that fall squarely ...

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~~Why Buddhism Is True: The Science and Philosophy of ...~~

Robert Wright, the best-selling author of *The Moral Animal* and *The Evolution of God*, has written a book titled *Why Buddhism is True*. Don't be put off by the audacious title, though. Wright isn't ...

~~Why Buddhism is true: Mindfulness and meditation in a ...~~

"If you want the shortest version of my answer to the question of why Buddhism is true, it's this: Because we are animals created by natural selection. Natural selection built into our brains the tendencies that early Buddhist thinkers did a pretty amazing job of sizing up, given the meager scientific resources at their disposal.

~~Why Buddhism is True Quotes by Robert Wright~~

Why Buddhism Is True: The Science and Philosophy of Meditation and Enlightenment (Book) : Wright, Robert : Author Robert Wright shows how Buddhist meditative practice can loosen the grip of anxiety, regret, and hatred, and deepen your appreciation of beauty and other people.

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Why Buddhism Is True (Book) : Wright, Robert : New York Times Bestseller From one of America's greatest minds, a journey through psychology, philosophy, and lots of meditation to show how Buddhism holds the key to moral clarity and enduring happiness. Robert Wright famously explained in *The Moral Animal* how evolution shaped the human brain.

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In *Why Buddhism Is True*, Wright leads listeners on a journey through psychology, philosophy, and a great many silent retreats to show how and why meditation can serve as the foundation for a spiritual life in a secular age. At once excitingly ambitious and wittily accessible, this is the first book to combine evolutionary psychology with cutting-edge neuroscience to defend the radical claims at the heart of Buddhist philosophy.

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Robert Wright's *Why Buddhism Is True: The Science and Philosophy of Meditation and Enlightenment* (2017) considers Buddhism through the lens of evolutionary psychology, a discipline that regards natural selection as the provenance of many mental traits. Purchase this in-depth analysis to learn more. 4 out of 5 stars Not quite an analysis

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