

# El Poder Curativo de La Meditacion: Dialogos Cientificos Con El Dalai Lama

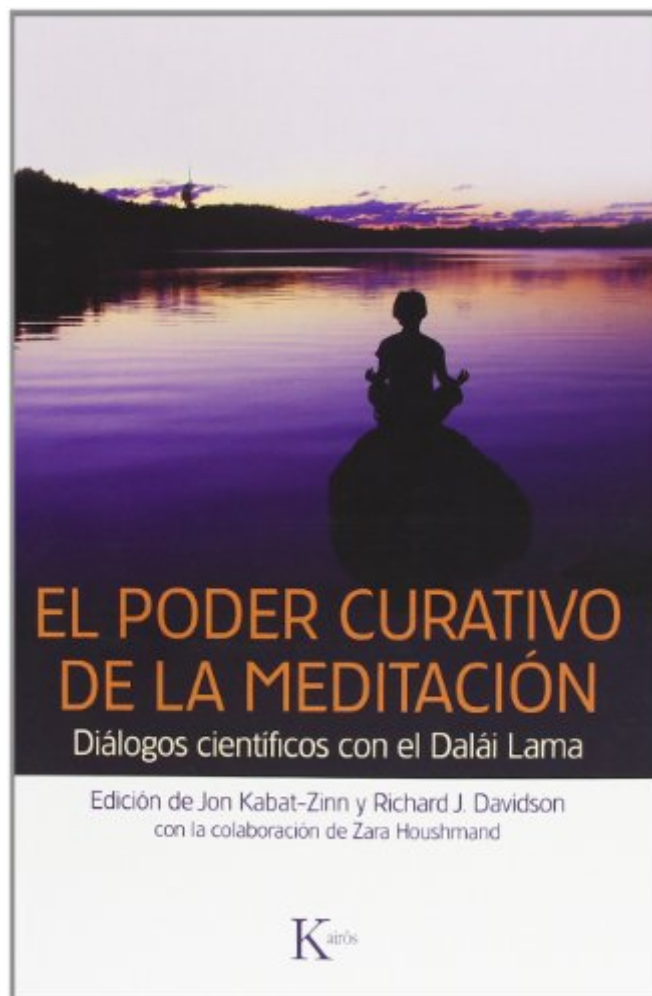
Presenting the entirety of the 13th Mind and Life dialogue, this book gathers the thoughts and contributions of the Dalai Lama, Jon Kabat-Zinn, Richard J. Davidson, and other leading researchers in the fields of meditation, medicine, psychology, and neuroscience. Each contributor explores a particular aspect of the convergence between meditative practice and modern science, thus providing a greater understanding of the potential of the human mind. The participants in the discussion seek to answer questions such as "What effect does meditation have on suffering and pain? What role does the mind play in emotional and physical well-being? To what extent can the mind influence illness?" and "What impact does this all have on the development of the human species?" This book is a considered, engaging look at the nature of the mind, its capacity to refine itself through training, and its role in physical and emotional health. "Presentando el 13o dialogo del Mind and Life Institute en su totalidad, este libro reúne las aportaciones del Dalai Lama, Jon Kabat-Zinn, Richard J. Davidson y otros investigadores de primer nivel en los campos de la meditacion, la medicina, la psicologia y la neurociencia. Cada contribuyente explora un aspecto particular de la convergencia de la practica de la meditacion y la ciencia moderna, posibilitando asi una mayor comprension del potencial de la mente humana. Los participantes en la conversacion buscan contestar preguntas tales como "Como influye la meditacion en el dolor y el sufrimiento? Que rol desempeña la mente en el bienestar emocional y fisico? Hasta que punto puede la mente influir en las enfermedades?" y "Que impacto tiene todo esto en el desarrollo de la especie?" Este libro es una mirada considerada e interesante de la naturaleza de la mente, su capacidad de autodefinition a traves del entrenamiento y su rol en la salud fisica y emocional."

**Jon Kabat-Zinn** is the founder and director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, as well as the founder of the Stress Reduction Clinic. He is the author of several books on mindfulness, including *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. He lives in Boston. **Richard J. Davidson** is the William James and Vilas Professor of Psychology and Psychiatry at the Waisman Center at the University of Wisconsin Madison, and the director of the Waisman Laboratory for Affective Neuroscience and founder and chair of the Center for Investigating Healthy Minds at the same. He has won numerous awards, including the first Mani Bhaumik Award from UCLA for advancing the understanding of the brain and conscious mind in healing. He lives in Madison, Wisconsin. **Zara Houshmand** is an Iranian-American writer and the editor for the Mind and Life Institute, where she has been responsible for several books representing a long-term dialogue between Buddhism and Western science."

- Amazon Sales Rank: #6262635 in Books
- Brand: Editorial Kairos
- Published on: 2013-12
- Released on: 2013-12-01
- Original language: Spanish
- Number of items: 1

- Dimensions: 8.00" h x 1.00" w x 5.00" l, .0 pounds
- Binding: Paperback
- 384 pages

El Poder Curativo de La Meditación: Dialogos Científicos Con El Dalai Lama por Editorial Kairos fue vendido por £23.08 cada copia.. Regístrese ahora para tener acceso a miles de libros disponibles para su descarga gratuita. El registro fue libre.



- Título del libro : El Poder Curativo de La Meditación: Dialogos Científicos Con El Dalai Lama
- ISBN: 8499882366
- Autor: Editorial Kairos

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