



El poder curativo de la meditación: Diálogos científicos con el Dalái Lama (Spanish Edition)

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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 Dalái Lama, Jon Kabat-Zinn, Richard J. Davidson y otros investigadores de primer nivel en los campos de la meditación, la medicina, la psicología y la neurociencia. Cada contribuyente explora un aspecto particular de la convergencia de la práctica de la meditación y la ciencia moderna, posibilitando así una mayor comprensión del potencial de la mente humana. Los participantes en la conversación buscan contestar preguntas tales como ¿Cómo influye la meditación en el dolor y el sufrimiento? ¿Qué rol desempeña la mente en el bienestar emocional y físico? ¿Hasta qué punto puede la mente influir en las enfermedades? y ¿Qué 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 autodefinición a través del entrenamiento y su rol en la salud física y emocional.

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Editorial Review

About the Author

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.

Users Review

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Richard Mills:

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