

## Waking Up A Guide To Spirituality Without Religion By Sam Harris Book Summary Book Summary By Getflashnotes

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~~Waking Up: A Guide to Spirituality Without Religion ...~~  
Waking Up A Guide to Spirituality Without Religion. A rational approach to spirituality seems to be what is missing from secularism and from the lives of most of the people I meet. The purpose of this book is to offer readers a clear view of the problem, along with some tools to help them solve it for themselves.

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Waking Up is part seeker’s memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris - a scientist, philosopher, and famous skeptic - could write it. ©2014 Sam Harris.

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In his new book, Waking Up: A Guide to Spirituality Without Religion , the usually outspoken critic of religion describes how spirituality can and must be divorced from religion if the human mind is to reach its full potential. . . . But there is plenty in Waking Up that will delight Harris' most militant atheist readers."

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Waking Up: A Guide to Spirituality Without Religion is a 2014 book by Sam Harris that discusses a wide range of topics including secular spirituality (essentially within the context of spiritual naturalism), the illusion of the self, psychedelics, and meditation.

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From multiple New York Times bestselling author, neuroscientist, and “new atheist” Sam Harris, Waking Up is for the 30 percent of Americans who follow no religion, but who suspect that For the millions of Americans who want spirituality without religion, Sam Harris’s new book is a guide to meditation as a rational spiritual practice informed by neuroscience and psychology.

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Waking Up is a guide to understanding the mind, for the purpose of living a more balanced and fulfilling life. Join Sam Harris—neuroscientist, philosopher, and New York Times best-selling author—as he explores the practice of meditation and examines the theory behind it. Visit WakingUp.com to learn more.

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