



El poder curativo de la meditacion: Dialogos científicos con el Dalai 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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