

The Neurology of Awakening:

Using the New Brain Research to Deepen Your Practice

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Selected Readings

Books--The Brain

Goleman, Daniel—Emotional Intelligence

there are more than one kind of smarts

--**Destructive Emotions**

how things can go really wrong

Sapolsky, Robert—Why Zebras Don't Get Ulcers

And you thought a frontal lobe and foresight were cool things

Buzsaki, Gyorgy-Rhythms of the Brain

Resonances, cyclic behavior, neural synchronization
"everything you ever wanted to know about how the
brain works but never found the time to look up and
read in the original literature"

Damasio, Antonio---The Feeling of What Happens

Concept of core consciousness, autobiographical
consciousness, and localization of consciousness
at the first body awareness of emotional tone

Sacks, Oliver-----The Man Who Mistook His Wife for a Hat

humane exploration of how brains and selves interact

Schacter, Daniel---The Seven Sins of Memory

will change the way you view your memories and your "self"

Books--Related Context

Gould, Stephen Jay—A Wonderful Life

the accidental nature of our very existence as a species (karma)

Hamer, Dean-----The God Gene

how spiritual experiences can pass on (karma)

Ripley, Matthew—Nature Via Nurture

how the brain develops a self

Dennett, Daniel---Breaking the Spell: Religion as a Natural Phenomenon

reductionistic, but this view needs to be
heard and incorporated into a balanced view

Books—Buddhism

Jack Kornfield---A Path with Heart

beautiful introduction to spiritual life, from a Buddhist
perspective

Ajahn Brahm---Mindfulness, Bliss, and Beyond

exploration of concentration and extraordinary states of mind
from someone who has been there

Bikkhu Bodhi—In the Buddha's Words

wonderful anthology of the core of the Buddha's discourses

---The Majjhima Nikaya

crystal clear translation of central Buddhist suttas