

Waking Up A Guide To Spirituality Without Religion Sam Harris

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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, the illusion of the self, psychedelics, and meditation. He attempts to show that a certain form of spirituality is integral to understanding the nature of the mind. In late September 2014, the book reached #5 on the New York Times Non-Fiction Best Sellers list. In September 2018 Harris released a meditation app entitled "Waking Up with Sam Harris."

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Waking Up: A Guide to Spirituality Without Religion (2014) by neuroscientist and atheist Sam Harris explores how to develop a spiritual practice that is not based on outmoded religious beliefs about how the world works. Author: Swift Reads. Publisher: Swift Reads. ISBN: Category: Study Aids. Page: 35. View: 310. [Read Now »](#)

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Author Sam Harris | Submitted by: Jane Kivik. Free download or read online Waking Up: A Guide to Spirituality Without Religion pdf (ePUB) book. The first edition of the novel was published in January 1st 2014, and was written by Sam Harris. The book was published in multiple languages including English, consists of 256 pages and is available in Hardcover format.

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Waking Up is an extraordinary book: It is a seeker's memoir, a scientific and philosophical exploration of the self, and a how-to guide for transcendence. It explores the nature of consciousness, explains how to meditate, tells you the best drugs to take, and warns you about lecherous gurus.

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The single most challenging task in waking up is to sit straight. If you manage to do that, you have conquered the quest for the day. Once you sit up, your urge to sleep again is far reduced. Sure, you might feel like lying down again. However, it is far easier to resist it because you have already overcome the barrier of waking up. 5. Get ...

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Combining guided meditation and mindfulness techniques with practical wisdom, Waking Up is a guide to understanding the mind.