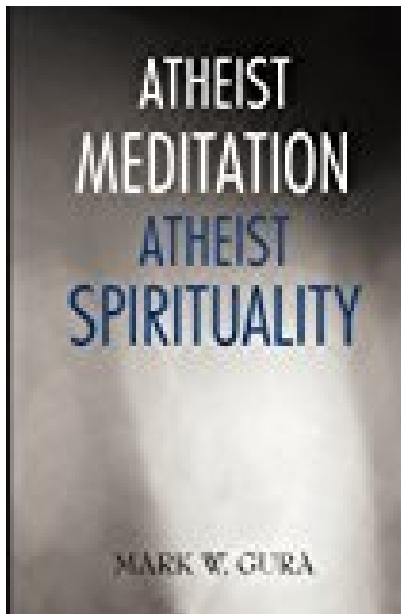


# Atheist Meditation Atheist Spirituality

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## BOOK DETAILS

- Author : Mark W. Gura
- Pages : 214 Pages
- Publisher : InnerAction Press LLC
- Language : English
- ISBN : 1939691230

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## **BOOK SYNOPSIS**

"Finally, a book about meditation and meaning in life that is based on reason, not religious or supernatural explanations... Provocative and truly inspirational! One of the best books I've ever read."-Rachel Patel "We think we perceive reality, but we live in our minds, in self-created realities, hypnotized by our conditioning and habitual ways of thinking. I am sure seekers will find much to support their efforts to awaken in this book."-Jack Elias

**Atheist Meditation Atheist Spirituality** is a guide and memoir which shows that meditation and spirituality can be practiced without faith in God(s), gurus, and the supernatural. Techniques such as mindfulness meditation and vipassana have been practiced for thousands of years, are corroborated by reason, neuroscience and psychology, and help develop a sense of compassion, and meaning, without pseudoscientific beliefs. These secular practices are consistent with the best science available and are perfect for atheists, skeptics, humanists, freethinkers, as well as all others who wish to practice spirituality without religion or reference to supernatural forces.

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