

Waking Up A Guide To Spirility Without Religion Sam Harris

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Waking Up: A Guide to Spirituality Without Religion by Sam Harris. For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology.

Waking Up: A Guide to Spirituality Without Religion: Sam ...

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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