



How Enlightenment Changes Your Brain: The New Science of Transformation

By Andrew Newberg, Mark Robert Waldman

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How Enlightenment Changes Your Brain: The New Science of Transformation By Andrew Newberg, Mark Robert Waldman

The bestselling authors of *How God Changes Your Brain* reveal the neurological underpinnings of enlightenment, offering unique strategies to help readers experience its many benefits.

In this original and groundbreaking book, Andrew Newberg, M.D., and Mark Robert Waldman turn their attention to the pinnacle of the human experience: enlightenment. Through his brain- scan studies on Brazilian psychic mediums, Sufi mystics, Buddhist meditators, Franciscan nuns, Pentecostals, and participants in secular spirituality rituals, Newberg has discovered the specific neurological mechanisms associated with the enlightenment experience--and how we might activate those circuits in our own brains.

In his survey of more than one thousand people who have experienced enlightenment, Newberg has also discovered that in the aftermath they have had profound, positive life changes. Enlightenment offers us the possibility to become permanently less stress-prone, to break bad habits, to improve our collaboration and creativity skills, and to lead happier, more satisfying lives. Relaying the story of his own transformational experience as well as including the stories of others who try to describe an event that is truly indescribable, Newberg brings us a new paradigm for deep and lasting change.

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Review

"A heartfelt pursuit of enlightenment and its causes."

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"I love every book I have read from Andy Newberg and Mark Waldman and this book is their best yet. *How Enlightenment Changes Your Brain* is a book you just can't put down. It will show you how enlightenment is real with clear underpinnings in the brain. From looking at the brains of Brazilian psychic mediums, Sufi mystics, Buddhist monks, Franciscan nuns and Pentecostals this book takes you on a fascinating ride and shines a light on wisdom and insight. If you want to know more about the deeply human and spiritual parts of your brain, read this book."

—**Daniel G. Amen, MD**, Founder, Amen Clinics, Author of *Change Your Brain, Change Your Life*

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"Humans were experiencing enlightenment millennia before fMRI brain scanners were invented. Yet, modern imaging techniques unquestionably add to the fascination of the correlations between consciousness and brain function. Newberg and Waldman's book brings these findings up to date. *How Enlightenment Changes Your Brain* is a feast for anyone interested in the neurophysiology of the spiritual quest."

—**Larry Dossey, MD**, author of *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*

About the Author

Andrew Newberg, M.D., is the director of research at the Myrna Brind Center of Integrative Medicine at Thomas Jefferson University Hospital and Medical College. He is the author of several books, including the bestselling *Why God Won't Go Away*, and his research has been featured in *Time*, *Newsweek*, and *O, The Oprah Magazine*, and on the Discovery Channel, the National Geographic Channel, the BBC, and NPR.

Mark Robert Waldman is executive MBA faculty at Loyola Marymount University, where he teaches the NeuroLeadership program. He is a business and personal development coach and the author of twelve books, including *Words Can Change Your Brain*, coauthored with Newberg.

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