



# **El poder curativo de la meditacion: Dialogos cientificos con el Dalai Lama (Spanish Edition)**

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Presenting the entirety of the 13th Mind and Life dialogue, this book gathers the thoughts and contributions of the Dalai Lama, Jon Kabat-Zinn, Richard J. Davidson, and other leading researchers in the fields of meditation, medicine, psychology, and neuroscience. Each contributor explores a particular aspect of the convergence between meditative practice and modern science, thus providing a greater understanding of the potential of the human mind. The participants in the discussion seek to answer questions such as *What effect does meditation have on suffering and pain? What role does the mind play in emotional and physical well-being? To what extent can the mind influence illness? and What impact does this all have on the development of the human species?* This book is a considered, engaging look at the nature of the mind, its capacity to refine itself through training, and its role in physical and emotional health.

*Presentando el 13o dialogo del Mind and Life Institute en su totalidad, este libro reúne las aportaciones del Dalái Lama, Jon Kabat-Zinn, Richard J. Davidson y otros investigadores de primer nivel en los campos de la meditación, la medicina, la psicología y la neurociencia. Cada contribuyente explora un aspecto particular de la convergencia de la práctica de la meditación y la ciencia moderna, posibilitando así una mayor comprensión del potencial de la mente humana. Los participantes en la conversación buscan contestar preguntas tales como ¿Cómo influye la meditación en el dolor y el sufrimiento? ¿Qué rol desempeña la mente en el bienestar emocional y físico? ¿Hasta qué punto puede la mente influir en las enfermedades? y ¿Qué impacto tiene todo esto en el desarrollo de la especie? Este libro es una mirada considerada e interesante de la naturaleza de la mente, su capacidad de autodefinición a través del entrenamiento y su rol en la salud física y emocional.*

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