



MindScience: An East-West Dialogue

*His Holiness the Dalai Lama, Herbert Benson, Howard E. Gardner, Daniel Goleman, Robert A.F. Thurman,
Harvard Mind Science Symposium*

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What is the subtle relationship between mind and body? What can today's scientists learn about this relationship from masters of Buddhist thought? Is it possible that by combining Western and Eastern approaches, we can reach a new understanding of the nature of the mind, the human potential for growth, the possibilities for mental and physical health?

MindScience explores these and other questions as it documents the beginning of a historic dialogue between modern science and Buddhism. The Harvard Mind Science Symposium brought together the Dalai Lama and authorities from the fields of psychiatry, psychology, neuroscience, and education. Here, they examine myriad questions concerning the nature of the mind and its relationship to the body.

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