



Waking Up: A Guide to Spirituality without Religion

Sam Harris

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For the millions who want spirituality without religion, *Waking Up* is a guide to meditation as a rational practice informed by neuroscience and psychology. From multiple New York Times bestselling author and neuroscientist, Sam Harris, *Waking Up* is for the millions who follow no religion, but who suspect that Jesus, Buddha, Lao Tzu, Rumi, and the other saints and sages of history were not all epileptics, schizophrenics, or frauds. Throughout the book, Harris argues that there are important truths to be found in the experiences of such contemplatives and that there is more to understanding reality than science and secular culture generally allow. *Waking Up* is part seeker's memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris - a scientist, philosopher, and famous skeptic-could write it.

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