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Bestselling author of *The Evolution of God* and *Nonzero*

Robert  
Wright

The Science and  
Philosophy  
of Meditation  
and Enlightenment

Why  
Buddhism  
Is True

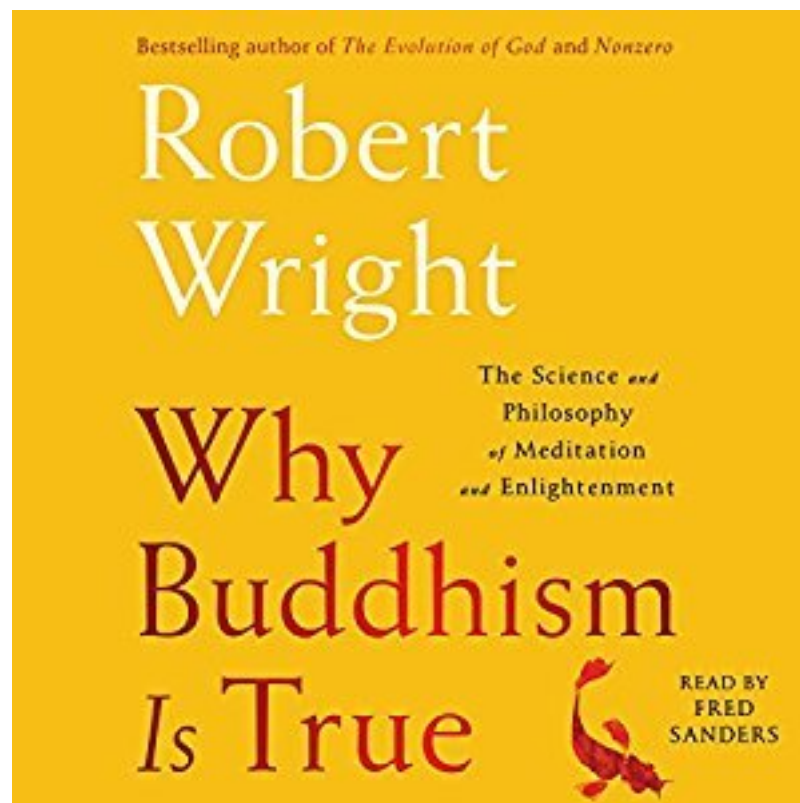


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**Why Buddhism is True: The Science and Philosophy of Enlightenment Download books for free kindle.** Why Buddhism is True: The Science and Philosophy of Enlightenment Download Free Epub Books Online. New York Times Bestseller From one of America's greatest minds, a journey through psychology, philosophy, and lots of meditation to show how Buddhism holds the key to moral clarity and enduring happiness. Robert Wright famously explained in *The Moral Animal* how evolution shaped the human brain. The mind is designed to often delude us, he argued, about ourselves and about the world. And it is designed to make happiness hard to sustain. But if we know our minds are rigged for anxiety, depression, anger, and greed, what do we do? Wright locates the answer in Buddhism, which figured out thousands of years ago what scientists are only discovering now. Buddhism holds that human suffering is a result of not seeing the world clearly and proposes that seeing the world more clearly, through meditation, will make us better, happier people. In *Why Buddhism is True*, Wright leads readers on a journey through psychology, philosophy, and a great many silent retreats to show how and why meditation can .**Download books Why Buddhism is True: The Science and Philosophy of Enlightenment online**

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**Why Buddhism is True: The Science and Philosophy of Enlightenment  
by Robert Wright**



**Synopsis:=====**

New York Times Bestseller From one of America's greatest minds, a journey through psychology, philosophy, and lots of meditation to show how Buddhism holds the key to moral clarity and enduring happiness. Robert Wright famously explained in *The Moral Animal* how evolution shaped the human brain. The mind is designed to often delude us, he argued, about ourselves and about the world. And it is designed to make happiness hard to sustain. But if we know our minds are rigged for anxiety, depression, anger, and greed, what do we do? Wright locates the answer in Buddhism, which figured out thousands of years ago what scientists are only discovering now. Buddhism holds that human suffering is a result of not seeing the world clearly?and proposes that seeing the world more clearly, through meditation, will make us better, happier people. In *Why Buddhism is True*, Wright leads readers on a journey through psychology, philosophy, and a great many silent retreats to show how and why meditation can

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