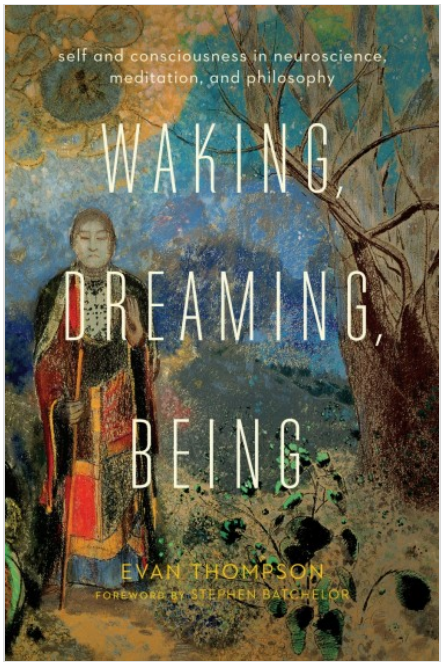
# Waking, Dreaming, Being

self and consciousness in neuroscience, meditation, and philosophy




### Autores

*Evan Thompson, Stephen Batchelor*

### Sinopsis

A renowned philosopher of the mind also known for his groundbreaking work on Buddhism and cognitive science, Evan Thompson combines the latest neuroscience research on sleep, dreaming, and meditation with Indian and Western philosophy of mind, casting new light on the self and its relation to the brain. Thompson shows how the self is a changing process, not a static thing. He weaves together neuroscience, philosophy, and personal narrative to depict the self's transformations. Contemplative experience illuminates scientific findings, and scientific evidence enriches the vast knowledge acquired by contemplatives.



### Sobre el autor

Evan Thompson

is professor of philosophy at the University of British Columbia in Vancouver and a fellow of the Royal Society of Canada.

Escanea para ver en línea

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He is the author of Colour Vision: A Study in Cognitive Science and the Philosophy of Perception (1995) and Mind in Life: Biology, Phenomenology, and the Sciences of Mind (2007), and coauthor of The Embodied Mind: Cognitive Science and Human Experience (1991, revised edition, 2017).




Stephen Batchelor

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## Palabras clave

Consciousness; Self; Neuroscience; Meditation; Philosophy; Cognitive science; Phenomenology; Indian philosophy; Tibetan philosophy; Waking; Dreaming; Lucid dreaming; Deep sleep; Out-of-body experiences; Dying; Death; Awareness; Attention; Perception; Brain; Imagination; Neurophenomenology

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