

A Complete Meditation Guide

Integrating Buddhist Wisdom and Brain Science for Greater Mindfulness

THE MIND ILLUMINATED

CULADASA (JOHN YATES PHD)
AND MATTHEW IMMERGUT PHD WITH JEREMY GRAVES

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**World-renowned meditation teacher brings an
incredible 10-step meditation guide combining
Buddhist teachings with neuroscience.**

DESCRIPTION

The Mind Illuminated is a comprehensive, accessible and - above all - effective book on meditation, providing a nuts-and-bolts stage-based system that helps all levels of meditators establish and deepen their practice. Providing step-by-step guidance for every stage of the meditation path, this uniquely comprehensive guide for a Western audience combines the wisdom from the teachings of the Buddha with the latest research in cognitive psychology and neuroscience. Clear and friendly, this in-depth practice manual builds on the nine-stage model of meditation originally articulated by the ancient Indian sage Asanga, crystallizing the entire meditative journey into 10 clearly-defined stages. The book also introduces a new and fascinating model of how the mind works, and uses illustrations and charts to help the reader work through each stage.

This manual is an essential read for the beginner to the seasoned veteran of meditation.

SALES AND MARKETING

- The book's US edition sold out its initial printing in pre-orders alone and has frequently been the #1 new release in the meditation category on Amazon.com since its publication in January 2016.
- The book's timing couldn't be more perfect given the huge amount of interest in meditation, mindfulness and brain science that's swept the globe. In addition, the book integrates psychology and neuroscience in such a way that will resonate with both a mind/body/spirit readership and a general one.
- The book distinguishes itself from other books on the subject thorough its practicality, clarity and its straightforward, evidence-based, 10-step approach.
- The book's structure allows for flexibility: it can be read from front to back, or used as a reference guide, choosing chapters as needed based on the current state of the reader's practice.
- John Yates (Culadasa) is a renowned meditation teacher with a devoted following around the world and over four decades of experience.

AUTHOR BIOG

Culadasa (John Yates PhD) is the director of Dharma Treasure Buddhist Sangha in Arizona and was a teacher of physiology and neuroscience. A meditation master with over four decades of experience in the Tibetan and Theravadin Buddhist traditions, Culadasa has been ordained as an Upasaka (dedicated lay-practitioner) and has received ordination in the International Order of Buddhist ministers in Rosemead, California. www.culadasa.com

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