

Unlocking The Mysteries Of Birth And Death A Buddhist

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Unlocking the Mysteries of Birth and Death - Daisaku Ikeda 1988

Unlocking the Mysteries of Birth & Death - Daisaku Ikeda
2004-01-01

This introduction to Nichiren Buddhism explores the philosophical intricacies of life and reveals the wonder inherent in the phases of birth, aging, and death. Core concepts of Nichiren Buddhism, such as the 10 worlds and the nine consciousnesses, illustrate the profundity of human existence. This book provides Buddhists with the tools they need to fully appreciate the connectedness of all beings and to revolutionize their spiritual lives based on this insight. Also explored are how suffering can be transformed to contribute to personal fulfillment and the well-being of others and how modern scientific research accords with ancient Buddhist views. Ultimately, this is both a work of popular philosophy and a book of compelling, compassionate inspiration for Buddhists and non-Buddhists alike that fosters a greater understanding of Nichiren Buddhism.

Paradise of God - Dr. Larry Ollison 2014-10-21

Most people have a skewed vision of what heaven is or what heaven was or will be like. They tend to picture angels floating around, some having harps and some having bows and arrows but none of them actually having a life. To many people, heaven sounds like a boring place and there is little desire to go there although it's much better than the alternative. Earth seems to be exciting with new discoveries and adventures every day. The church has portrayed heaven over the years through novels and movies and paintings as a dull place. However, the kingdom of God, the afterlife and the place where God lives, is much more exciting and glorious than anything the earth could ever produce. The colors there are beyond the natural spectrum and there are inexpressible sounds. The discoveries that can be lived in the kingdom of heaven will make the earthly lifestyle bland by comparison. In this book, you will learn the biblical truth of what heaven is really like and you will be taken step by step through what a believer will experience from the time their spirit leaves their body at a physical death to when they receive their new glorified body through the millennium and into the place that Jesus has prepared for every believer in the new heavenly Jerusalem.

Love - Daisaku Ikeda 2006

Based on the tenets of the Japanese monk Nichiren, these guides provide insight and advice on injecting Buddhist philosophies into one's relationships and spirituality. Drawing on ancient themes of compassion and happiness, these compilations distill the essence of Buddhist scripture. These instructions for applying the readings to modern life will also teach about the many facets of love, determination, courage, and prayer. The concise, easy-to-follow entries are ideal for anyone looking to discover and cultivate a more spiritual life.

Reaching God Speed - Joe Kovacs 2022-01-25

The answer is surprising, and what we're about to learn will wake us up to a reality most of us never knew existed. The reason we're so oblivious is because we've all been operating at human speed, relying on our own physical power and our five senses. But there is something extremely important we've all been missing. It holds the key to everything good—the key to life, success, happiness, peace of mind, and understanding beyond our wildest imagination. It's perhaps the best-kept secret in the history of mankind and it packs a staggering, invigorating message that can change your life for the better—improving understanding, eliminating anxiety, and helping to extend your living years indefinitely. All we have to do is open our eyes and ears. We're all inundated with this secret at all times. It's present in our favorite songs and movies, the stories we tell our children, and even in every commercial campaign! The secret is broadcast in famous news stories including the coronavirus pandemic, the sinking of the Titanic, or the collapse of the World Trade Center on 9/11. It's in ordinary life activities such as breathing, sleeping, waking up, traveling, sex, and getting

married and changing one's name. Now, bestselling author and award-winning journalist Joe Kovacs reveals the solution—cracking the divine code that shifts our minds from operating at slow, human speed and making the jump to the incredibly quick "God speed." Hundreds of ancient mysteries and prophecies are instantly unsealed as the master key that unlocks the mystery of everything is now in your hands.

Hope Is a Decision - Daisaku Ikeda 2017-05-01

How do we remain optimistic when the world seems to be falling apart around us? In these intimate essays, the author leads the reader on an inspirational journey to find answers and hope in troubled times. The book includes incisive commentaries on terrorism, good and evil, and aging and death that provide a new perspective on approaching the world with hope. The lyrical reflections on poetry and friendship highlight how such spiritual pursuits are the wellsprings of hope in dark times. Each essay suggests ways in which anyone can connect their personal search for strength, wisdom, and hope to the collective desire to bring about a just, humane, and caring society.

A Baptist Preacher's Buddhist Teacher - Lawrence Edward Carter Sr.
2018-11-01

In this inspiring, soul-stirring memoir, Lawrence E. Carter Sr., founding dean of the Martin Luther King Jr. International Chapel, shares his remarkable quest to experience King's "beloved community" and his surprising discovery in mid-life that King's dream was being realized by the Japanese Buddhist philosopher and tireless peace worker Daisaku Ikeda. Coming of age on the cusp of the American Civil Rights Movement, Carter was personally mentored by Martin Luther King Jr. and followed in his footsteps, first to get an advanced degree in theology at Boston University and then to teach and train a new generation of activists and ministers at King's alma mater, Morehouse College. Over the years, however, Carter was disheartened to watch the radical cosmic vision at the heart of King's message gradually diluted and marginalized. He found himself in near despair—until his remarkable encounter with the lay Buddhist association Soka Gakkai International and a life-changing meeting with Ikeda, its president. Carter knew that King had been inspired by Gandhi, a Hindu, and now Ikeda, a Buddhist, was showing him how King's message of justice, equality, and the fundamental dignity of life could be carried to millions of people around the world. What ensued was not a conversion but a conversation—about the essential role of interfaith dialogue, the primacy of education, and the value of a living faith to create a human revolution and realize at last Martin Luther King's truest dream of a global world house. In these dark and frustrating times, the powerful dialogue between Carter and Ikeda gives hope and guidance to a new generation of reformers, activists, and visionaries.

The Opening of the Eyes - Daisaku Ikeda 2013-07-01

Addressing questions such as What constitutes a meaningful life? and What is true happiness?, this guide to Nichiren Buddhism presents the spiritual practice as a teaching of hope that can answer these and other important questions of modern life. Buddhist teacher Daisaku Ikeda offers insights into *The Opening of the Eyes*, a longer treatise written by Nichiren that calls for individuals to base themselves on a spirit of compassion and to fight for the happiness of others, regardless of the circumstances. Ikeda's simple and straightforward commentary brings this integral writing to life for a contemporary readership. Through the text and the accompanying commentary, readers will not will discover a philosophy of inner transformation that will help them find deep and lasting happiness for themselves and for others.

Happiness - Ed Diener 2011-09-07

Utilizing sophisticated methodology and three decades of research by the world's leading expert on happiness, Happiness challenges the present thinking of the causes and consequences of happiness and redefines our modern notions of happiness. shares the results of three decades of research on our notions of happiness covers the most important

advances in our understanding of happiness offers readers unparalleled access to the world's leading experts on happiness provides "real world" examples that will resonate with general readers as well as scholars Winner of the 2008 PSP Prose Award for Excellence in Psychology, Professional and Scholarly Publishing Division of the Association of American Publishers

The First Signs - Genevieve von Petzinger 2017-03-28

"Archaeologist Genevieve von Petzinger looks past the horses, bison, ibex, and faceless humans in the ancient paintings and instead focuses on the abstract geometric images that accompany them. She offers her research on the terse symbols that appear more often than any other kinds of figures--signs that have never really been studied or explained until now"--

Reaching Beyond - Herbie Hancock 2017-02-01

In *Reaching Beyond*, Buddhist thinker and activist Daisaku Ikeda explores the origins, development, and international influence of jazz with legendary artists Herbie Hancock and Wayne Shorter. Reflecting on their lives and careers, Mr. Hancock and Mr. Shorter share the lessons they have learned from their musical mentors, including Miles Davis and Art Blakey, and how the Buddhist philosophy they've learned from President Ikeda over the past forty years deeply resonates with the emancipatory spirit of jazz. These wide-ranging conversations include such thought-provoking topics as: • Music's mission for peace in a time of discord • The importance of the artist's spiritual growth • The Buddhist concept of changing poison into medicine • Ways to make the "ideal America" a reality for everyone *Reaching Beyond* offers positive new ideas for musicians and nonmusicians alike.

The Buddha Next Door - Zan Gaudio 2012-03-01

Through personal experiences, this anthology illuminates how the practice of Nichiren Buddhism has changed people's lives for the better. These first-person narratives—representing people from all across the country of various ages and ethnic backgrounds—examine the challenges of daily life associated with health, relationships, career, and aging, and the ensuing experiences of hope, success, inspiration, and personal enlightenment that come about as a result of living as Nichiren Buddhists.

Life Beyond Death - David Fontana 2016-07-19

Examines various evidential materials that have been accumulated about the afterlife. This title looks at communications through mediums and witness accounts such as *Near Death* and *Out of Body Experiences* and compares them with the descriptions given in such mystical texts as *The Tibetan Book of the Dead* and *The Egyptian Book of the Dead*.

Time Warped - Claudia Hammond 2012-08-15

We are obsessed with time. However hard we might try, it is almost impossible to spend even one day without the marker of a clock. But how much do we understand about time, and is it possible to retrain our brains and improve our relationship with it? Drawing on the latest research from the fields of psychology, neuroscience, and biology, and using original research on the way memory shapes our understanding of time, acclaimed writer and broadcaster Claudia Hammond delves into the mysteries of time perception. Along the way, she introduces us to an extraordinary array of colourful characters willing to go to great lengths in the interests of research, such as the French speleologist Michel, who spends two months in an ice cave in complete darkness. *Time Warped* shows us how to manage our time more efficiently, speed time up and slow it down at will, plan for the future with more accuracy, and, ultimately, use the warping of time to our own advantage.

Nichiren - Masahiko Murakami 2015-08-01

In 13th-century Japan, disease, famine, violence, and natural disasters plague society. Samurai lords, blinded by power, shirk any responsibility to protect the citizenry. Religious leaders care more about currying favor with the powerful than helping common people find hope and a positive way to deal with their suffering. But one unknown Buddhist monk dares to speak the truth to power: Nichiren remonstrates with the authorities. He insists that all human life is precious and that the government needs to change its ways and become of service to the people. He criticizes the established religions as being merely pawns of the state, who teach ideas that only further the people's sense of powerlessness. The true purpose of Buddhism, he asserts, is to teach people a way to empower themselves, challenge their destiny, and experience happiness in this life. Based on actual events, this exciting comic touches on major milestones in Nichiren's life interwoven with basic Buddhist principles. This real-life adventure story will captivate readers as it illustrates the life of one courageous human being who stopped at nothing to bring happiness to the people and peace to the land.

How the Cows Turned Mad - Maxime Schwartz 2004-09-13

A history of the prion diseases, or subacute spongiform encephalopathies, features a historical perspective beginning with scrapie in 17th-century England to recent concerns in France about the spread of bovine spongiform.

Life, an Enigma, a Precious Jewel - 1982

Articulate Necrographies - Anastasios Panagiotopoulos 2019-07-01

Going beyond the frameworks of the anthropology of death, *Articulate Necrographies* offers a dramatic new way of studying the dead and its interactions with the living. Traditional anthropology has tended to dichotomize societies where death "speaks" from those where death is "silent" - the latter is deemed "scientific" and the former "religious" or "magical". The collection introduces the concept of "necrography" to describe the way death and the dead create their own kinds of biographies in and among the living, and asks what kinds of articulations and silences this in turn produces in the lives of those affected.

Third Stage of Life - Daisaku Ikeda 2016-07-01

Buddhist philosopher, peace activist and octogenarian Daisaku Ikeda has spent a lifetime studying and teaching about life's universal sufferings of birth, aging, sickness and death. His life exemplifies the health and happiness possible from a compassionate practice of Nichiren Buddhism. In *The Third Stage of Life*, a dialogue with two Japanese journalists, he shares his insights on how to make one's golden years a "third youth." What's the secret to living long? What are the keys to a healthy life? Is aging a period of decline or an opportunity to bring one's life to a satisfying conclusion? What example can we set for others in our third stage of life? Drawing on the lives of many individuals down through the ages, Mr. Ikeda discusses these and many other questions that affect us as we grow older. From the practical to the spiritual to the personal—as when his wife of sixty years joins the discussion in later chapters—*The Third Stage of Life* will inspire you to keep challenging and lead a life that shines.

The Power of Death - Maria-José Blanco 2014-10-01

The social and cultural changes of the last century have transformed death from an everyday fact to something hidden from view. Shifting between the practical and the theoretical, the professional and the intimate, the real and the fictitious, this collection of essays explores the continued power of death over our lives. It examines the idea and experience of death from an interdisciplinary perspective, including studies of changing burial customs throughout Europe; an account of a "dying party" in the Netherlands; examinations of the fascination with violent death in crime fiction and the phenomenon of serial killer art; analyses of death and bereavement in poetry, fiction, and autobiography; and a look at audience reactions to depictions of death on screen. By studying and considering how death is thought about in the contemporary era, we might restore the natural place it has in our lives.

Buddhism Day by Day - Daisaku Ikeda 2006

With brief, easily absorbed wisdom from the precepts of Nichiren, a 13th-century Buddhist priest, this collection of day-to-day musings can be enjoyed by casual readers and devoted followers alike. Covering a wide span of topics—from life and death to courage and winning—the practical information and encouragement are ideal for those seeking to find a deeper understanding of this ancient philosophy.

Unusual Death and Memorialization - Titta Kallio-Seppä 2022-08-12

Most cultures and societies have their own customs and traditions of treating their dead. In the past, some deceased received a burial that deviated from tradition. The reasons for unusual burial could result from reasons such as outbreaks of epidemics or wars, or from premature births, distinctive social status, or disability. Authors present a selection of cases addressing the issue of unusual deaths, burials, or ways to remember the deceased. Chapters explore theoretical views related to social memory of death and memorializing the deceased and their resting places during modern period. The case studies introduce varied views on 'otherness' that are visible in burial customs and memorialization.

The Undeclared Mind - Alex Lickerman 2012-11-06

Legions of self-help authors rightly urge personal development as the key to happiness, but they typically fail to focus on its most important objective: hardiness. Though that which doesn't kill us can make us stronger, as Nietzsche tells us, few authors today offer any insight into just how to springboard from adversity to strength. It doesn't just happen automatically, and it takes practice. New scientific research suggests that resilience isn't something with which only a fortunate few of us have been born, but rather something we can all take specific action to develop. To build strength out of adversity, we need a catalyst. What we

need, according to Dr. Alex Lickerman, is wisdom—wisdom that adversity has the potential to teach us. Lickerman's underlying premise is that our ability to control what happens to us in life may be limited, but we have the ability to establish a life-state to surmount the suffering life brings us. The *Undeclared Mind* distills the wisdom we need to create true resilience into nine core principles, including: --A new definition of victory and its relevance to happiness --The concept of the changing of poison into medicine --A way to view prayer as a vow we make to ourselves. --A method of setting expectations that enhances our ability to endure disappointment and minimizes the likelihood of quitting --An approach to taking personal responsibility and moral action that enhances resilience --A process to managing pain—both physical and emotional—that enables us to push through obstacles that might otherwise prevent us from attaining our goals --A method of leveraging our relationships with others that helps us manifest our strongest selves Through stories of patients who have used these principles to overcome suffering caused by unemployment, unwanted weight gain, addiction, rejection, chronic pain, retirement, illness, loss, and even death, Dr. Lickerman shows how we too can make these principles function within our own lives, enabling us to develop for ourselves the resilience we need to achieve indestructible happiness. At its core, *The Undeclared Mind* urges us to stop hoping for easy lives and focus instead on cultivating the inner strength we need to enjoy the difficult lives we all have.

Beasts of Ruin - Ayana Gray 2022-07-26

In this much anticipated follow up to New York Times bestselling *Beasts of Prey*, Koffi's powers grow stronger and Ekon's secrets turn darker as they face the god of death. Koffi has saved her city and the boy she loves, but at a terrible price. Now a servant to the cunning god of death, she must use her newfound power to further his continental conquest, or risk the safety of her home and loved ones. As she reluctantly learns to survive amidst unexpected friends and foes, she will also have to choose between the life—and love—she once had, or the one she could have, if she truly embraces her dangerous gifts. Cast out from the only home he's ever known, Ekon is forced to strike new and unconventional alliances to find and rescue Koffi before it's too late. But as he gets closer to the realm of death each day, so too does he draw nearer to a terrible truth—one that could cost everything. Koffi and Ekon—separated by land, sea, and gods—will have to risk everything to reunite again. But the longer they're kept apart, the more each of their loyalties are tested. Soon, both may have to reckon with changing hearts—and maybe, changing destinies.

Mirrors of Passing - Sophie Seebach 2018-08

Without exception, all people are faced with the inevitability of death, a stark fact that has immeasurably shaped societies and individual consciousness for the whole of human history. *Mirrors of Passing* offers a powerful window into this oldest of human preoccupations by investigating the interrelationships of death, materiality, and temporality across far-flung times and places. Stretching as far back as Ancient Egypt and Greece and moving through present-day locales as diverse as Western Europe, Central Asia, and the Arctic, each of the richly illustrated essays collected here draw on a range of disciplinary insights to explore some of the most fundamental, universal questions that confront us.

The Ten Worlds - Ash ElDifrawi 2018-10-02

What exactly is happiness that we spend our lives pursuing it more fiercely than anything else? The answer, Drs. Lickerman and ElDifrawi argue, is that happiness isn't just a good feeling but a special good feeling—in fact, the best good feeling we're capable of having. Enduring happiness is something we all want yet many of us fail to achieve. Look around you. How many people do you know who would say they feel a constant and powerful sense of satisfaction with their lives? How many people do you imagine wouldn't find their ability to be happy impaired by a significant loss, like the death of a parent, a spouse, or a child? How is it possible to be happy in the long-term when so many terrible things are destined to happen to us? In this highly engaging and eminently practical book—told in the form of a Platonic dialogue recounting real-life patient experiences—Drs. Lickerman and ElDifrawi assert that the reason genuine, long-lasting happiness is so difficult to achieve and maintain is that we're profoundly confused not only about how to go about it but also about what happiness is. In identifying nine basic erroneous views we all have about what we need to be happy—views they term the core delusions—Lickerman and ElDifrawi show us that our happiness depends not on our external possessions or even on our experiences but rather on the beliefs we have that shape our most fundamental thinking. These

beliefs, they argue, create ten internal life-conditions, or worlds, through which we continuously cycle and that determine how happy we're able to be. Drawing on the latest scientific research as well as Buddhist philosophy, Lickerman and ElDifrawi argue that once we learn to embrace a correct understanding of happiness, we can free ourselves from the suffering the core delusions cause us and enjoy the kind of happiness we all want, the kind found in the highest of the Ten Worlds, the world of Enlightenment. The Ten Worlds: Hell Hunger Animality Anger Tranquility Rapture Learning Realization Compassion Enlightenment

The Opposite Life - Alex Seeley 2019-08-13

Discover the secret to living a powerful and abundant life through the upside-down kingdom of God. In our constant search for a life filled with blessing and abundance, we often follow our human instinct, and then wonder why we come up short. God always has a better idea. And it most often requires us to move in the opposite direction. In *The Opposite Life*, pastor and author Alex Seeley explains the secret to living a powerful and abundant life through the upside-down kingdom of God. Each chapter unpacks the opposite-life principles that begin with our way of thinking and yield miraculous results. They include death vs. life fear vs. faith last vs. first love vs. hate worry vs. worship give vs. receive impossible vs. possible We all want the blessed life but sometimes go about it in the wrong way. God's promises are conditional. He says follow Me, and I will change your weakness into strength, your foolishness into wisdom, and your nothing into everything.

Kanta and the Deer - Daisaku Ikeda 1997

While staying with his uncle in the cold mountains of northern Japan, Kanta takes care of a fawn whose parents have been killed and learns that love for another can make one brave and self-reliant.

The Book of Secrets - Deepak Chopra, M.D. 2004-09-28

"The Book of Secrets is the finest and most profound of Deepak Chopra's books to date. Want the answers to the secrets of life? Let me recommend that you start right here." —Ken Wilber, author of *A Brief History of Everything* We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning, and how to teach our children well. We are looking for a personal breakthrough, a turning point, a revelation that brings with it new meaning. The Book of Secrets—a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time—provides an exquisite new tool for achieving just that. Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves, despite the proximity of these answers, and what we most long to know remains lodged deep inside. Because answers to the questions at the center of life are counterintuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our experience, bestselling author Deepak Chopra has isolated fifteen secrets that drive the narrative of this inspiring book—and of our lives. From "The World Is in You" and "What You Seek, You Already Are" to "Evil Is Not Your Enemy" and "You Are Truly Free When You Are Not a Person," The Book of Secrets is rich with insights. It is a priceless treasure that can transport us beyond change to transformation, and from there to a sacred place where we can savor the nectar of enlightenment.

Beyond the Veil - Aubrey Thamann 2021-05-01

Looking at the cultural responses to death and dying, this collection explores the emotional aspects that death provokes in humans, whether it is disgust, fear, awe, sadness, anger, or even joy. Whereas most studies of death and dying treat the subject from an objective viewpoint, the scholars in this collection recognize their inherent connection with death which allows for a new and more personal form of study. More broadly, this collection suggests a new paradigm in the study of death and dying.

The Buddha In Daily Life - Richard Causton 2011-07-31

Nichiren Daishonin Buddhism encourages the belief that, through its faith and practices, spiritual and material blessings and benefits can be available to everyone in this life. Needs can be met, and success achieved, not merely for oneself but for others (and the world) through dedication to the Lotus Sutra, a central teaching of Buddhism. It combines these personal objectives with the commitment to world peace, ecology and the easing of suffering, especially, AIDS. Attracting such well known followers as Jeff Banks, Sandie Shaw, Tina Turner and Roberto Baggio, Nichiren Daishonin Buddhism is rooted in a Buddhist tradition going back to the teachings of Nichiren in the 13th century, and is part of an international movement based in Japan.

The Light of Learning - Daisaku Ikeda 2021-11-01

This new selection of writings on education—many previously published under the title Soka Education—comes from some five decades of works by Buddhist philosopher and founder of the Soka schools system, Daisaku Ikeda. From educational proposals and university lectures to personal essays, the writings not only delve into the meaning of soka (value-creating) education but offer a hopeful vision of the power of education to bring happiness to the individual and peace to the world.

Discussions on Youth - Daisaku Ikeda 2013-08-01

In a straightforward question-and-answer format, Buddhist teacher Daisaku Ikeda responds to the complicated issues facing American young people. Addressing adolescents as the leaders of the future, Ikeda touches on topics of peace, human rights, and environmental degradation as he urges young people with warmth and understanding to see the great potential they have as the hope for humanity. The book also provides easy-to-understand explanations of Nichiren Buddhism and the benefits of its practice.

The Buddha in Your Mirror - Woody Hochswender 2012-03-01

While the notion that “happiness can be found within oneself” has recently become popular, Buddhism has taught for thousands of years that every person is a Buddha, or enlightened being, and has the potential for true and lasting happiness. Through real-life examples, the authors explain how adopting this outlook has positive effects on one's health, relationships, and career, and gives new insights into world environmental concerns, peace issues, and other major social problems.

The Heart of the Lotus Sutra - Daisaku Ikeda 2014-01-01

The Lotus Sutra has been regarded for centuries as one of the most important teachings in Mahayana Buddhism. This book goes beyond theory to show how to bring these teachings into practice in daily life. Containing profound truths for all people from every culture, it reveals the secret for attaining happiness for both oneself and others through the process of self-reformation. Based on the teachings of Nichiren, a 13th-century Buddhist teacher and reformer, the scriptures of the Lotus Sutra show how every person can attain Buddhahood.

The Buddha, Geoff and Me - Edward Canfor-Dumas 2013-05-03

Ed is having a hard time - at work, in his love life and, well, generally. Then he meets an unlikely Buddhist - who drinks and smokes and talks his kind of language. Bit by bit, things begin to change... Ed doesn't always take Geoff's advice. Or, when he does he lapses at the crucial moment. His path to understanding is not a straight one, especially as life keeps throwing more and more 'stuff' at him. Often he fails - like most of us, in fact. But sometimes he manages to get it right. And when he does, surprising things begin to happen ... In *The Buddha, Geoff and Me* Edward Canfor-Dumas brings all his skills to bear in an absorbing story of everyday city life, where the characters stand out with all their human strengths and weaknesses, and the ending brings Ed - and perhaps all of us? - a hope we didn't necessarily expect. *The Buddha,*

Geoff and Me - for anyone who's ever begun to wonder what the whole damn thing is all about ...

A Youthful Diary - Daisaku Ikeda 2006

Brain Storms - Jon Palfreman 2015-09-15

A Top 10 Science Book of Fall 2015 - Publishers Weekly A star science journalist with Parkinson's reveals the inner workings of this perplexing disease Seven million people worldwide suffer from Parkinson's, and doctors, researchers, and patients continue to hunt for a cure. In *Brain Storms*, the award-winning journalist Jon Palfreman tells their story, a story that became his own when he was diagnosed with the debilitating illness. Palfreman chronicles how scientists have worked to crack the mystery of what was once called the shaking palsy, from the earliest clinical descriptions of tremors, gait freezing, and micrographia to the cutting edge of neuroscience, and charts the victories and setbacks of a massive international effort to best the disease. He takes us back to the late 1950s and the discovery of L-dopa. He delves into a number of other therapeutic approaches to this perplexing condition, from partial lobotomies and deep brain stimulation to neural grafting. And he shares inspiring stories of brave individuals living with Parkinson's, from a former professional ballet dancer who tricks her body to move freely again to a patient who cannot walk but astounds doctors when he is able to ride a bicycle with no trouble at all. With the baby boom generation beginning to retire and the population steadily aging, the race is on to discover a means to stop or reverse neurodegenerative conditions like Parkinson's and Alzheimer's. *Brain Storms* is the long-overdue, riveting, and deeply personal story of that race, and a passionate, insightful, and urgent look into the lives of those affected.

The Living Buddha - Daisaku Ikeda 2012-03-01

An intimate portrayal of one of history's most important and obscure figures, the Buddha, this chronicle reveals him not as a mystic, but a warm and engaged human being that was very much the product of his turbulent times. This biographical account traces the path of Siddhartha Gautama as he walked away from the pleasure palace that had been his home and joined a growing force of wandering monks, ultimately making his way towards enlightenment beneath the bodhi tree, and spending the next 45 years sharing his insights along the banks of the Ganges. The Buddhist canon is expertly harvested to provide insight into the Buddha's inner life and to grant a better understanding of how he came to play his pivotal role as founder of one of the world's largest religions.

Why We Sleep - Matthew Walker 2017-10-03

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.