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In Zen-Brain Reflections , Austin, a clinical neurologist, researcher, and Zen practitioner, examines the evolving psychological processes and brain changes associated with the path of long-range meditative training. Austin draws not only on the latest neuroscience research and new neuroimaging studies but also on Zen literature and his personal experience with alternate states of consciousness.

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James H. Austin is an American neurologist and author. He is the author of the book Zen and the Brain. It establishes links between the neurophysiology of the human brain and the practice of meditation, and won the Scientific and Medical Network Book Prize for 1998.

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