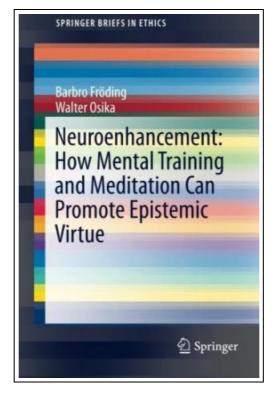
Neuroenhancement: how mental training and meditation can promote epistemic virtue



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Reviews

Extensive guideline! Its this kind of very good study. It really is full of knowledge and wisdom I discovered this book from my i and dad encouraged this publication to understand.

(Mr. Jerry Littel)

NEUROENHANCEMENT: HOW MENTAL TRAINING AND MEDITATION CAN PROMOTE EPISTEMIC VIRTUE



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Condition: New. Publisher/Verlag: Springer, Berlin | The Positive Effects of Mediation on the Brain | This book explores how one can bring about changes in the brain through meditation, both through attention-focus training and through compassion training. Recent findings in the natural sciences have confirmed that it is possible for humans to achieve these structural and functional changes through various life-style practices. It is argued that meditation enables us to influence some aspects of our biological make-up and, for example, could boost our cognitive flexibility as well as our ability to act compassionate. Such changes are likely to facilitate the instilling of a number of epistemic virtues which have great bearing on our quality of life. This book offers the reader an accessible introduction to a set of neuro-enhancement methods, with a special focus on meditation techniques, and explores how such practices could contribute to make us better decision-makers and improve our moral virtues. The book is suitable for anyone looking for a text discussing the effects of neuro-enhancement from a secular ethics perspective. | CHAPTER 1 - Introduction.- 1.1 Introduction -- 1.2 A new situation.- 1.3 From bad to worse -- 1.4 How to handle matters better: skills required to manage risks.- 1.5 Can we acquire the skills?.- 1.6 Enhancement methods.- 1.7 Which cognitive capacities?.- References.- CHAPTER 2 - The neurophysiological background -- 2.1 Introduction.- 2.2 Neuroplasticity.- 2.3 Attention.- 2.4 Mind-wandering -- 2.5 Emotional regulation.- 2.6 Mental training -meditation.- 2.7 Some challenges with meditation practice and research -- References.- CHAPTER 3 - The Methods -- 3.1 How to improve.- 3.2 Defining cognitive enhancement.- 3.3 Three methods -- 3.4 Pharmaceuticals, hormones and neurotransmitters.- 3.5 Technology.- 3.6 Possible effects of meditation techniques and mental training.- 3.7 Computer games.- Combining methods.- References.- CHAPTER 4 - Cognitive flexibility.- 4.1 How does cognitive flexibilit



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