Aging Mankind Neuromania Darwinism And The Misrepresentation Of Humanity

This aging men's guide to read the neural structures we currently inhabit and the interplay of emotions, culture and neuroanatomy in the making of the self. It is an accessible and engaging guide, full of insights and practical applications that will challenge our understanding of the self and its evolution.

The Self

The Self is an incredibly complex and dynamic entity, shaped by a myriad of factors. From our genetic makeup to our life experiences, the self is constantly evolving and adapting to our environment. The aging process can be seen as a natural part of this evolution, as our bodies and minds undergo changes that can impact our perception of ourselves.

Brain and Personality

The brain is the cornerstone of our personality, shaping our emotions, thoughts, and behaviors. The aging process can have a significant impact on the brain, affecting cognitive abilities, emotional regulation, and personality traits. Understanding these changes can help us better understand ourselves and others.

Neuroplasticity

Neuroplasticity is the brain's ability to change and adapt in response to new experiences. As we age, our brains become more flexible, allowing us to learn new skills and adapt to changes in our environment. This can have significant benefits for our mental and physical health.

Mindfulness and Aging

Mindfulness practices can help us cultivate a sense of present moment awareness, reducing stress and promoting better overall well-being. As we age, mindfulness can play a crucial role in managing the challenges of aging, such as memory loss and depression.

The Aging Mankind Neuromania Darwinism And The Misrepresentation Of Humanity is a comprehensive guide to understanding aging, addressing the most pressing questions and providing practical solutions to help us age gracefully.

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Spiritual Science - Steve Taylor 2018-09-18

It is often assumed that there are two ways of interpreting the world: a rational scientific way, or an irrational religious way. Spiritual Science offers a third alternative: a spiritual view of reality that transcends both conventional science and religion, and answers many of the riddles that neither can explain. The standard model of science has had little success in explaining such areas as human consciousness, the connection between the mind and the body, altruism and ‘anomalous’ phenomena such as near-death experiences, psi phenomena (such as telepathy) and spiritual experiences. But from a ‘panspiritist’ point of view – which sees spirit or consciousness as a fundamental essence of reality – it is possible to make sense of all these things. Steve Taylor puts forward the evidence for a spiritual view of reality, drawing on the insights of philosophers, physicists, mystics, as well as spiritual traditions and indigenous cultures. He systematically shows how a ‘panspiritist’ view can explain many puzzling aspects of science and the world, including evolution and the origins of life, and a wide range of other phenomena such as quantum physics. The alternative, monistic and materialist, Spiritual Science offers a new vision of the world that is compatible with both modern science and ancient spiritual teachings. It provides a more accurate and holistic account of reality than conventional science or religion, integrating a wide range of phenomena that are excluded from both. After showing how the materialist worldview demeans the world and human life, Spiritual Science offers a brighter alternative – a vision of the world as sacred and interconnected, and of human life as meaningful and purposeful. Spiritual Science explains how the standard materialist model of reality developed, and turned into a belief system. The belief system can only function by denying (or explaining away) a wide range of phenomena that are part of human experience. It is possible to be scientific without adopting this belief system – in fact, it is much more rational to be so.

Ritual, Play, and Belief in Evolution and Early Human Societies - Colin Renfrew 2017-11-30

The origins of religion and ritual in humans have been the focus of centuries of thought in archaeology, anthropology, biology, evolutionary psychology and more. Play and ritual have many aspects in common, and both provide a key component of the early belief systems that underlie the faiths and religions of the world. They demonstrate the profound role of play, ritual and belief systems, and offer powerful new insights into the emergence of early civilizations.

Jesus Is the Christ - Michael F. Bird 2013-02-27

Enter the fray of a hotly debated issue, Michael Bird argues that the title and role of “Messiah” ascribed to Jesus is not a late addition to the four Gospels but their structural and semantic foundation. Stressing that Christianity is itself a messianic movement, Bird argues that the messianic testimony is the “mother of all Christology.”