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changes the

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Adapted for Modern
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January 13, 2001.

by Prof. Daniel
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Acclaimed author

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Ph.D. (Author,
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Meditation. By:
Daniel Goleman
Ph.D. Narrated by:
Daniel Goleman
Ph.D. Length: 59
mins. Categories:
Health & Wellness ,
Alternative &
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you. 51:38. Dr.
Daniel Goleman &
Dr. Richie
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Daniel Goleman
Ph.D. | Audiobook
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and Richard

Davidson tell the story of this revolutionary breakthrough in our understanding of how meditation works. Expert meditator Yongey Mingyur Rinpoche is fitted with 256 thin wires to measure his brain waves while he

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meditates. Photo by
Brian Ulrich.

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how to spread the
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known for his
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intelligence, has a
long-standing
interest in
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back to his two years in India as a graduate student at Harvard. A psychologist who for many years reported on the brain and behavioral sciences for The New York Times, Dr. Goleman previously was a visiting faculty member at Harvard.

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Making Sense

Podcast #111 —

The Science of
Meditation ...

Daniel Goleman
reported on the
brain and behavioral
sciences for The
New York Times
for 12 years. He is
the author of
several books,
including his most

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recent, “Ecological Intelligence: How Knowing the Hidden Impacts of What We Buy Can Change Everything. ” His Web site is www.DanielGoleman.info.

Sitting Quietly,
Doing Something -
The New York
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Basic meditation

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the title The

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1988. The author,

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benefits in four distinctly different ways: The Breath Meditation: One of the simplest and most widespread of meditative methods, found in almost every ancient spiritual tradition
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relaxed by moving
your mind
throughout your
body to soothe and
ease your muscles.

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Daniel ...

Daniel Goleman is
an author and
Harvard graduate.

One of his best-

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known books is

Emotional
Intelligence (1995).

Goleman ' s interest
in meditation began
with a two-year trip
to India when he
was a student.

Richard J. Davidson
is a psychologist
from Harvard and
the director of a
neurological
laboratory in

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Wisconsin.

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Goleman has also
written books on
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creativity,
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meditation, social
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Goleman has
received many
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