



## **Born to Believe: God, Science, and the Origin of Ordinary and Extraordinary Beliefs**

*Andrew B. Newberg, Mark Robert Waldman*

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*Born to Believe* was previously published in hardcover as *Why We Believe What We Believe*.

Prayer...meditation...speaking in tongues. What do these spiritual activities share and how do they differ? Why do some people believe in God, while others embrace atheism? From the ordinary to the extraordinary, beliefs give meaning to the mysteries of life. They motivate us, provide us with our individual uniqueness, and ultimately change the structure and function of our brains.

In *Born to Believe*, Andrew Newberg, MD, and Mark Waldman reveal -- for the very first time -- how our complex views, memories, superstitions, morals, and beliefs are created by the neural activities of the brain. Supported by groundbreaking original research, they explain how our brains construct our deepest convictions and fondest assumptions about reality and the world around us. Using science, psychology, and religion, the authors offer recommendations for exercising your brain in order to develop a more life-affirming, flexible range of attitudes. Knowing how the brain builds meaning, value, spirituality, and truth into your life will change forever the way you look at yourself and the world.

## **Born to Believe: God, Science, and the Origin of Ordinary and Extraordinary Beliefs Details**

Date : Published October 2nd 2007 by Atria Books (first published September 12th 2006)

ISBN : 9780743274982

Author : Andrew B. Newberg , Mark Robert Waldman

Format : Paperback 352 pages

Genre : Religion, Science, Psychology, Nonfiction, Belief, Spirituality



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## **From Reader Review Born to Believe: God, Science, and the Origin of Ordinary and Extraordinary Beliefs for online ebook**

### **Sieran says**

Wow I really loved this idea of the biological basis of our belief systems, and how it's shaped by the different parts of our lives.

I particularly enjoyed reading the brain scan results for the different meditators and religious experiences! It's just so lovely when they link psychological/ spiritual sensations with neuroscience. (The parietal, the frontal, the limbic system, even the thalamus.....etc)

I'm definitely going to remember the core messages and points in this book forever. :D

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### **Mark Talley says**

Excellent book combining neuroscience and religion. That should be enough to intrigue you.

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### **Kimberly White says**

A more balanced summary of current research on brains and belief. It was actually a summary of a lot of related issues, some of which were only tangentially related to belief and many of which were about actual religious experience (they did brain scans of people who were speaking in tongues, for example). The authors went to great pains to insist that they weren't trying to disprove God or religious experience, for which I respect and appreciate them. Nevertheless... I bet they weren't believers themselves.

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### **Jrobertus says**

the first part is good, where he describes brain experiments on mystics and maps out a basis for the feeling of 'one with the universe'. later they get all religious and suggest our brains may have a portal to god. rather unscientific i thought.

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### **Becky says**

Have you ever asked yourself, "How could they BELIEVE that???" I'm fascinated by the crazy-assed things intelligent people believe, and I've wondered about it my whole life (well, at least since I entered Catholic school in the third grade!).

Well, the newest research in neuropsychology and evolutionary biology is revealing amazing things about how we think...and why. There's a lot published on this subject, and I've perused a lot of it...this is an

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excellent explanation of what scientists currently understand about our minds. Very accessible, very interesting.

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### **Carolin says**

Full of fascinating experiments and insights into how the brain works and what that means for faith issues. Well structured and well-written.

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### **nur'aini tri wahyuni says**

mau baca yang tipetipe begini lagi, deh :)

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### **Muhammad Ridha Ar-Rasyid says**

Buku menarik mengenai pembuktian keimanan melalui perpektif neuroscience. Di satu sisi, penulis berhasil mengungkapkan sinyal-sinyal neuron yang bekerja ketika seseorang meyakini keberadaan Tuhan. Buku ini cukup membantu kita untuk membuat kita paham, bahwa keimanan memang didesain terpatri dalam tubuh kita.

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### **Sara says**

I couldn't even finish this book. The "science" in it was so sloppy.

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