



# Measuring the Immeasurable: The Scientific Case for Spirituality

*Daniel Goleman*

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## **Measuring the Immeasurable: The Scientific Case for Spirituality** Daniel Goleman

Can your thoughts heal another person, even from across the globe? Can meditation create "superhuman" levels of perception? Do prayer and intention actually affect reality? A few decades ago, scientists would have dismissed such ideas as superstition. Today, a growing body of persuasive research has turned many scientific thinkers into believers in the power of spiritual practice. *Measuring the Immeasurable* brings together some of the most prominent and informed authorities on the new frontier where science and spirituality intersect, including: \* Dr. Gary Small's (*The Longevity Bible*, Hyperion, 2007) new evidence on lifestyle changes that improve our brain function \* Daniel Goleman (*Social Intelligence*, Bantam, 2007) on "the brain's melody" and our moment-to-moment perceptions \* Gregg Braden (*The Divine Matrix*, Hay House, 2006) on how prayer and intention can affect events on a global scale \* Bruce H. Lipton (*The Biology of Belief*, Mountain of Love, 2005) on the science of epigenetics, and how consciousness shapes our health, genetics, and evolution \* Lynne McTaggart (*The Field*, Harper, 2008) with the latest results from her ongoing "Intention Experiment".

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