



# Two Views Of Mind: Abhidharma And Brain Science

*Christopher Decharms*

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*Two Views of Mind: Abhidharma and Brain Science* offers a clear overview of perception, thought, and awareness in Tibetan Buddhist psychology and in Western neuroscience. DeCharms lays out the Buddhist theory of perception side-by-side with the scientific view of Western neuroscience on the brain activity of human cognition. He discovers insights from each system that suggest exciting new approaches to perennial problems that the other has not been able to resolve. Directed to non-specialists, he focuses on the differences between the two traditions in methodology, assumptions, and purpose.

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