

### Will Sam Harris

In this dialogue between a famous atheist and a former radical, Sam Harris and Maajid Nawaz invite you to join an urgently needed conversation: Is Islam a religion of peace or war? Is it amenable to reform? Why do so many Muslims seem drawn to extremism? The authors demonstrate how two people with very different views can find common ground. A philosopher considers whether the scientific and philosophical arguments against free will are reason enough to give up our belief in it. In our daily life, it really seems as though we have free will, that what we do from moment to moment is determined by conscious decisions that we freely make. You get up from the couch, you go for a walk, you take actions like these: if we are, then we have free will. But in recent years, some have argued that free will is an illusion. The neuroscientist (and best-selling author) Sam Harris and the late Harvard psychologist Daniel Wegner, for example, claim that certain scientific findings disprove free will. In this engaging and accessible volume in the Eschewing Illusions series, Balaguer examines the various arguments and experiments that have been cited to support the claim that human beings don't have free will. He finds them to be overstated and misguided. Balaguer discusses determinism, the view that every physical event is predetermined, or completely caused by prior events. He describes several philosophical arguments against free will, including Benjamin Libet's famous neuroscientific experiments, which allegedly show that our conscious decisions are caused by neural events that occur before we choose. He considers various religious and philosophical views, including the philosophical pro-free-will view known as compatibilism. Balaguer concludes that the anti-free-will arguments of the neuroscientists simply don't work. They don't provide any good reason to doubt the existence of free will. But, he cautions, this doesn't necessarily mean that we have free will. The question of whether we have free will remains an open one: we simply don't know enough about the brain to answer it definitively.

Argues that the increasing power of Christian fundamentalists in American politics threatens the country's citizens, blames the Bible for promoting intolerance of other faiths, and describes atheism as "an admission of the obvious."

Learn why the belief in free will doesn't make sense, and why you and the rest of humankind will be better off abandoning it! Free will is an ability many think they posses. Most, however, aren't aware of the dangers imposed by such a belief, and have never thought about free will other than their own assumptions based on a pervasive feeling that it is entirely different. Have you ever blamed yourself for something you've done in the past? If so, for how long? Perhaps you still are? Have you ever held a grudge over another person or them you? Perhaps you have hatred for someone who has opposing ideas, thoughts, and beliefs. Or maybe you think someone is more deserving than another. Free will embeds itself within so much of what we think, feel, and do. It isn't just about abstract philosophical metaphysics that applies only to those in academic circles. The belief in free will is a root feeling and concept that has an effect on how most people think about politics, religion, economics, morality / ethics, law, criminal and justice systems, and our relationship to the world around us. It's for this reason that the topic needs to move away from academia and into the real world. Individually, the free will topic means a lot to you and everything you think, say, and do. Overall, the topic means a great deal for the entirety of humanity. There are real world consequences to holding such a belief, and you would suspect. Free will is often taken for granted and assumed as something positive. The reality, however, is something surprisingly different and, at least initially, counter-intuitive. In actuality, the belief in free will creates people who have resentment, guilt, and hatred. It drives inequality, egoism, poverty dismissal, retributive tendencies, and other dangerous thoughts and feelings. If we continue holding on to such illusions as if they are real, the future looks bleak. Rather than try to understand causes and fix things at base, we'll just assume that people could have done other than they did. It is, after all, much easier to place blame on people than it is to look for actual causes. It's not clear how or should have done differently. If, however, we begin to break away from the illusion -- if we begin to understand that free will is not a rational belief -- only then can humanity progress to a state of less ego, more understanding, and start to develop solutions based on reality rather than fictions. We can either keep holding on to the illusion, or find the most educated and safe ways possible. And the only way to break the illusion is with well reasoned information. In this enlightening book, Trick Slattery gives the ultimate case against free will, and also explores why it's important that we begin to recognize this fact and understand what it means. He makes the case that it's not only possible to break free from the mending the harms this illusion has caused is to understand why it simply can't exist, and what it does and doesn't mean that it doesn't exist. Free will is an illusion. We experience a feeling of free will, but that feeling doesn't correlate with something real. It's only a feeling. Come be a part of the history that breaks the free will illusion for good.

An Iron Will

The Self Illusion

The Righteous Mind

Conversations on Consciousness, Morality, and the Future of Humanity

The Really Hard Problem

Christian Truth and Apologetics

The Cruelty of Free Will

For all the discussion in the media about creationism and 'Intelligent Design', virtually nothing has been said about the evidence in question – the evidence for evolution by natural selection. Yet, as this succinct and important book shows, that evidence is vast, varied, and magnificent, and drawn from many disparate fields of science. The very latest research is uncovering a stream of evidence revealing evolution in action – from the actual observation of a species splitting into two, to new fossil discoveries, to the deciphering of the evidence stored in our genome. Why Evolution is True weaves together the many threads of modern work in genetics, palaeontology, geology, molecular biology, anatomy, and development to demonstrate the 'indelible stamp' of the processes first proposed by Darwin. It is a crisp, lucid, and accessible statement that will leave no one with an open mind in any doubt about the truth of evolution.

In 2007, Christopher Hitchens, Richard Dawkins, Sam Harris, and Daniel Dennett filmed a landmark discussion about modern atheism. The video went viral. Now in print for the first time, the transcript of their conversation is illuminated by new essays from three of the original participants and an introduction by Stephen Fry. At the dawn of the new atheist movement, the thinkers who became known as “the four horsemen,” the heralds of religion's unraveling—Christopher Hitchens, Richard Dawkins, Sam Harris, and Daniel Dennett—sat down together over cocktails. What followed was a rigorous, pathbreaking, and enthralling exchange, which has been viewed millions of times since it was first posted on YouTube. This is intellectual inquiry at its best: exhilarating, funny, and unpredictable, sincere and probing, reminding us just how varied and colorful the threads of modern atheism are. Here is the transcript of that conversation, in print for the first time, augmented by material from the living participants: Dawkins, Harris, and Dennett. These new essays, introduced by Stephen Fry, mark the evolution of their thinking and highlight particularly resonant aspects of this epic exchange. Each man contends with the most fundamental questions of human existence while challenging the others to articulate their own stance on God and religion, cultural criticism, spirituality, debate with people of faith, and the components of a truly ethical life. Praise for The Four Horsemen “This bracing exchange of ideas crackles with energy. It’s fascinating to watch four first-class minds explore a rugged intellectual terrain. . . . The text affords a different, more reflective way of processing the truly vital exchange of ideas. . . . I commend the book to those seeking an honest reckoning with their religion—and those curious about how the world looks from a rigorously naturalistic and atheistic point of view.”—Pittsburgh Post-Gazette “The full, electrifying transcript of the one and only conversation between the quartet of luminaries dubbed the ‘four horsemen’ of the New Atheism, which took place in Washington, D.C., in 2007. Among the vast range of ideas and questions they discuss: Is it ever possible to win a war of ideas? Is spirituality the preserve of the religious? And, are there any truths you would rather not know?”—The Bookseller (UK) (starred review)

In a collection of personal essays that are “both rip-roaringly funny and sentimental, drawing natural (and justified) comparisons to David Sedaris and David Rakoff” (Esquire), longtime recording artist and actor Sam Harris recounts stories of friendship, love, celebrity, and growing up and getting sober. In sixteen brilliantly observed true stories, Sam Harris emerges as a natural humorist in league with David Sedaris, Chelsea Handler, Carrie Fisher, and Steve Martin, but with a voice uniquely his own. Praised by the Chicago Sun-Times for his “manic, witty commentary,” and with a storytelling talent The New York Times calls “New Yorker– worthy,” he puts a comedic spin on full-disclosure episodes from his own colorful life. In “I Feel, You Feel” he opens for Aretha Franklin during a blizzard. “Promises” is a front-row account of Liza Minnelli’s infamous wedding to “the man whose name shall go unmentioned.” In “The Zoo Story” Harris desperately searches for a common bond with his rough-and-tumble four-year-old son. What better place to find painfully funny material than in growing up gay, gifted, and ambitious in the heart of the Bible belt? And that’s just the first cut: From partying to parenting, from Sunday school to getting sober, these slices of Ham will have you laughing and wiping away salty tears in equal measure with their universal and down-to-earth appeal. After all, there’s a little ham in all of us.

NEW YORK TIMES BESTSELLER "If you’ve ever wondered how you have the capacity to wonder, some fascinating insights await you in these pages.” --Adam Grant, New York Times bestselling author of Originals As concise and enlightening as Seven Brief Lessons on Physics and Astrophysics for People in a Hurry, this mind-expanding dive into the mystery of consciousness is an illuminating meditation on the self, free will, and felt experience. What is consciousness? How does it arise? And why does it exist? We take our experience of being in the world for granted. But the very existence of consciousness raises profound questions: Why would any collection of matter in the universe be conscious? How are we able to think about this? And why should we? In this wonderfully accessible book, Annaka Harris guides us through the evolving definitions, philosophies, and scientific findings that probe our limited understanding of consciousness. Where does it reside, and what gives rise to it? Could it be an illusion, or a universal property of all matter? As we try to understand consciousness, we must grapple with how to define it and, in the age of artificial intelligence, who or what might possess it. Conscious offers lively and challenging arguments that alter our ideas about consciousness—allowing us to think freely about it for ourselves, if indeed we can.

Conscious

Masters on the Craft

How Sophistry and Savagery Support a False Belief

The Science of Meditation

Infinity

The Substance of All Things

Why People Cheat, Gossip, Care, Share, and Follow the Golden Rule

*Free Will was a landmark book by the American best selling author and neuroscientist Sam Harris published in 2012. In this truly historic book, Harris argues that free will is an illusion. He also argues that free will being an illusion does not undermine morality or diminish the importance of political or social freedom, but that it should change the way we view ourselves and others. In short, every choice is determined by prior causes outside of your control and just because you can do what you want does not mean you have free will because you are not choosing what you want in the first place. Now read a much easier to understand book that says the exact same things at a fraction of the effort. All you need to do is read one passage a day. That's all this calendar book entails. Each day, this calendar book will give you a thought provoking reason or musing on why free will is in fact an illusion. This book is for the mainstream public that simply does not have the time or patience to read a philosophy book nor wants to. This topic is far too important to be stranded in the philosophy section of your local bookstore. This is a soul changing self-help book, not a philosophy book. It's simply time for regular people to understand the current, modern, and correct assertion that free will is an illusion in a much easier to read format. Free will being an illusion is the most important discovery in the history of our species and it must be made easily accessible to non-philosophers. It's simply time to popularize the illusion of free will with an easy to read calendar book specifically intended for a beginner audience. Please note, this is edition three of An Inconvenient Truth, No Free Will. If you have read An Inconvenient Truth, No Free Will or Free Will Sam Harris which was edition two, then you need not read this book as it is basically the same book.*

*As it was in Anna Karenina, Madame Bovary, and Othello, so it is in life. Most forms of private vice and public evil are kindled and sustained by lies. Acts of adultery and other personal betrayals, financial fraud, government corruption—even murder and genocide—generally require an additional moral defect: a willingness to lie. In Lying, best-selling author and neuroscientist Sam Harris argues that we can radically simplify our lives and improve society by merely telling the truth in situations where others often lie. He focuses on “white” lies—those lies we tell for the purpose of sparing people discomfort—for these are the lies that most often tempt us. And they tend to be the only lies that good people tell while imagining that they are being good in the process.*

*Drawing on cutting-edge research, friends and Harvard collaborators Daniel Goleman and Richard Davidson expertly reveal what we can learn from a one-of-a-kind data pool that includes world-class meditators. They share for the first time remarkable findings that show how meditation - without drugs or high expense - can cultivate qualities such as selflessness, equanimity, love and compassion, and redesign our neural circuitry. Demonstrating two master thinkers at work,The Science of Meditationexplains precisely how mind training benefits us. More than daily doses or sheer hours, we need smart practice, including crucial ingredients such as targeted feedback from a master teacher and a more spacious worldview. These two bestselling authors sweep away the misconceptions around these practices and show how smart practice can change our personal traits and even our genome for the better. Gripping in its storytelling and based on a lifetime of thought and action, this is one of those rare books that has the power to change us at the deepest level.*

*This extensively revised and expanded edition of van Inwagen and Zimmerman’s popular collection of readings in metaphysics now features twenty-two additional selections, new sections on existence and reality, and an updated editorial commentary. Collects classic and contemporary readings in metaphysics Answers some of the most puzzling questions about our world and our place in it Covers an unparalleled range of topics Now includes a new section on existence and reality, expanded discussions on many classic issues, and an updated editorial commentary*

*The Science of Good and Evil*

*Cognitive-Behavioral Treatment of Perfectionism*

*The Moral Landscape*

*Just Babies*

*The End of Faith: Religion, Terror, and the Future of Reason*

*The Origins of Good and Evil*

*Ham: Slices of a Life*

*Free Will*Simon and Schuster

A noted philosopher proposes a naturalistic (rather than supernaturalistic) way to solve the "really hard problem": how to live in a meaningful way—how to live a life that really matters—even as a finite material being living in a material world. If consciousness is "the hard problem" in mind science—explaining how the amazing private world of consciousness emerges from neuronal activity—then "the really hard problem," writes Owen Flanagan in this provocative book, is explaining how meaning is possible in the material world. How can we make sense of the magic and mystery of life naturalistically, without an appeal to the supernatural? How do we say truthful and enchanting things about being human if we accept the fact that we are finite material beings living in a material world, or, in Flanagan's description, short-lived pieces of organized cells and tissue? Flanagan's answer is both naturalistic and enchanting. We all wish to live in a meaningful way, to live a life that really matters, to flourish, to achieve eudaimonia—to be a "happy spirit." Flanagan calls his "empirical-normative" inquiry into the nature, causes, and conditions of human flourishing eudaimonics. Eudaimonics, systematic philosophical investigation that is continuous with science, is the naturalist's response to those who say that science has robbed the world of the meaning that fantastical, wishful stories once provided. Flanagan draws on philosophy, neuroscience, evolutionary biology, and psychology, as well as on transformative mindfulness and self-cultivation practices that come from such nontheistic spiritual traditions as Buddhism, Confucianism, Aristotelianism, and Stoicism, in his quest. He gathers from these disciplines knowledge that will help us understand the nature, causes, and constituents of well-being and advance human flourishing. Eudaimonics can help us find out how to make a difference, how to contribute to the accumulation of good effects—how to live a meaningful life.

In this insightful and motivating little book, The Author explores the importance of mental discipline to our happiness and success. Topics covered include: .training the will ."the wills, won'ts, and can'ts" .what is worse than rashness .conquerors of fortune .concentrated energy .persistent purpose etc

For the millions of Americans who want spirituality without religion, Sam Harris’s latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

Read Free Will Sam Harris

*The Sam Harris Delusion*

*Islam and the Future of Tolerance*

*Free Will*

*Why Evolution is True*

*Breaking the Free Will Illusion for the Betterment of Humankind*

*How Science Can Determine Human Values*

*How the Social Brain Creates Identity*

Do humans have free will? Are we able to make choices and influence our thinking and actions? Or is all of our brain activity just the quivering of atoms based on causal antecedents ignited at the beginning of time? If the latter, then is thinking - including thinking about free will, even possible? Or might it be true that thinking, choosing, and acting in pursuit of goals and values is all just an illusion? Does science really support the latter, as best-selling author and neuroscientist Sam Harris claims?This essay looks at the issue of free will and determinism based on the writings of Sam Harris in his book 'Free Will.' The materialist view of man that Dr. Harris advocates has been popular for 2,500 years, but is seeing a resurgence as neuroscientists proclaim that recent scientific evidence proves that free will is an illusion.In this essay, author Barry Linetsky outlines the key arguments put forward by Sam Harris as representative of those put forth by determinists and taught as scientific truths in our universities, and shows how and why such arguments are based on faulty reasoning and why they are more akin to mysticism than reputable science.Barry Linetsky is an entrepreneur, management consultant, and executive advisor to North-American blue-chip corporations. He is the author of The Business of Walt Disney and the Nine Principles of His Success. He holds an MBA from the Rotman School of Management, University of Toronto, and a Master of Philosophy degree from York University. His articles on business management have been published in the Ivey Business Journal and Rotman Magazine.

Do you want more free book summaries like this? Download our app for free at https://www.QuickRead.com/App and get access to hundreds of free book and audiobook summaries. Learn How Free Will is All An Illusion and How You Cannot Control Your Thoughts and Actions Do you believe you are in control of your thoughts and actions? That you wake up each morning and go about your day making decisions based on your own free will? The answer is no. The facts tell us that free will is only an illusion. According to neuroscience research, the thoughts that go through our minds and the actions we take each day has almost nothing to do with our free will. That’s because we are not in control. “The popular conception of free will rests on two assumptions: 1) that each of us could have behaved differently than we did in the past, and 2) that we are the conscious source of most of our thoughts and actions in the present.” As you’re about to find out, these assumptions are wrong. Additionally, you’ll learn how your brain makes decisions for you, why a cold-blooded murderer cannot be responsible for his actions, and how the beliefs of politicians are based on false assumptions.

This updated edition by one of the world’s leading apologists presents a systematic, positive case for Christianity that reflects the latest work in the contemporary hard sciences and humanities. Brilliant and accessible.

When Theo Dalton was six years old, his hands were irreparably damaged in a horrific car accident that took his pregnant mother’s life. Six years later, during the sweltering summer of 1968 in rural Oklahoma, Theo meets Frank, a Native American outcast, and learns that he has the ability to heal through his disfigured hands.As he explores the extraordinary, Theo desperately attempts to remain an ordinary boy. But when word of his gift spreads, Theo is shunned by the church for doing “the devil’s work.” He is immediately swept away by his Auntie Li, and into a world which ultimately threatens his life as he saves others’. Told from Theo’s perspective some fifty years later, it is through his work as a therapist with a broken woman that he musters the courage to relive the summer that haunts him.The Substance of All Things is the gripping, heart-wrenching, and often humorous tale of mentors and mothers and fathers, love and redemption, prophets and charlatans, miracles and faith.

The Conversation That Sparked an Atheist Revolution

Lying by Sam Harris (Summary)

Sam Harris Was Right 366 Reasons Why Free Will Is an Illusion Everyday Calendar Book

The Four Horsemen

A Novel

Ancient Philosophy for Modern Problems

From the New York Times bestselling author of The End of Faith, a thought-provoking, "brilliant and witty" (Oliver Sacks) look at the notion of free will—and the implications that it is an illusion. A belief in free will touches nearly everything that human beings value. It is difficult to think about law, politics, religion, public policy, intimate relationships, morality—as well as feelings of remorse or personal achievement—without first imagining that every person is the true source of his or her thoughts and actions. And yet the facts tell us that free will is an illusion. In this enlightening book, Sam Harris argues that this truth about the human mind does not undermine morality or diminish the importance of social and political freedom, but it can and should change the way we think about some of the most important questions in life.

Free Will was a landmark book by the American best selling author and neuroscientist Sam Harris published in 2012. In this truly historic book, Harris argues that free will is an illusion. He also argues that free will being an illusion does not undermine morality or diminish the importance of political or social freedom, but that it should change the way we view ourselves and others. In short, every choice is determined by prior causes outside of your control and just because you can do what you want does not mean you have free will because you are not choosing what you want in the first place. Now read a much easier to understand book that says the exact same things at a fraction of the effort. All you need to do is read one passage a day. That’s all this calendar book entails. Each day, this calendar book will give you a thought provoking reason or musing on why free will is in fact an illusion. This book is for the mainstream public that simply does not have the time or patience to read a philosophy book nor wants to. This topic is far too important to be stranded in the philosophy section of your local bookstore. This is a soul changing self-help book, not a philosophy book. It's simply time for regular people to understand the current, modern, and correct assertion that free will is an illusion in a much easier to read format. Free will being an illusion is the most important discovery in the history of our species and it must be made easily accessible to non-philosophers. It’s simply time to popularize the illusion of free will with an easy to read calendar book specifically intended for a beginner audience. This is Edition two of An Inconvenient Truth, No Free Will. There is no need to buy this book along with An Inconvenient Truth: No Free Will as it basically the same exact book.

Following on from the success of The Nonsense of Free Will, The Cruelty of Free Will takes up where the earlier book left off. It sets to answer two questions - why - and how - does free will belief persist so stubbornly?

There are two kinds of intellectual: Philosophers and Sophists. The former seek the absolute truth while the latter seek the “ practical ” truth that brings them worldly prestige and success. The weak-minded are far more influenced by Sophists than Philosophers, to the severe detriment of the intellectual progress of humanity. Philosophers have a position based on rationalism, idealism, metaphysics and mathematics, while Sophists hold a position reflecting empiricism, materialism, physics and science. One of the most prominent Sophists in today ’ s world is Sam Harris, an American controversialist who supports scientism, atheism, and the claim that free will is illusory. All of his positions are closely connected, and the purpose of this book is to expose the fallacies that lie at the heart of the Sophists ’ worldview, and Harris ’ s in particular. Ultimately, the difference between Philosophy and Sophistry reduces to the difference between mathematics and science, and how each relates to ultimate reality.

A Guide to Spirituality Without Religion

How to Invest

Why Good People are Divided by Politics and Religion

A Brief Guide to the Fundamental Mystery of the Mind

Philosophy for Life and Other Dangerous Situations

366 Reasons Why Free Will Is an Illusion Everyday Calendar Book

The Moral Fool

A New York Times New and Noteworthy Book From the bestselling author of Waking Up and The End of Faith, an adaptation of his wildly popular, often controversial podcast “Sam Harris is the most intellectually courageous man I know, unafraid to speak truths out in the open where others keep those very same thoughts buried, fearful of the modish thought police. With his literate intelligence and fluency with words, he brings out the best in his guests, including those with whom he disagrees.” -- Richard Dawkins, author of The Selfish Gene “Civilization rests on a series of successful conversations.” —Sam Harris Sam Harris—neuroscientist, philosopher, and bestselling author—has been exploring some of the most important questions about the human mind, society, and current events on his podcast, Making Sense. With over one million downloads per episode, these discussions have clearly hit a nerve, frequently walking a tightrope where either host or guest—and sometimes both—lose their footing, but always in search of a greater understanding of the world in which we live. For Harris, honest conversation, no matter how difficult or controversial, represents the only path to moral and intellectual progress. This book includes a dozen of the best conversations from Making Sense, including talks with Daniel Kahneman, Timothy Snyder, Nick Bostrom, and Glenn Loury, on topics that range from the nature of consciousness and free will, to politics and extremism, to living ethically. Together they shine a light on what it means to “make sense” in the modern world.

"Examines the science behind humans' strange and curious desires, attractions and tastes, covering everything from the animal instincts of sex and food to the uniquely human taste for art, music and stories, in a book that draws on insights from child development, philosophy, neuroscience and more."

A leading cognitive scientist argues that a deep sense of good and evil is bred in the bone. From John Locke to Sigmund Freud, philosophers and psychologists have long believed that we begin life as blank moral slates. Many of us take for granted that babies are born selfish and that it is the role of society—and especially parents—to transform them from little sociopaths into civilized beings. In Just Babies, Paul Bloom argues that humans are in fact hardwired with a sense of morality. Drawing on groundbreaking research at Yale, Bloom demonstrates that, even before they can speak or walk, babies judge the goodness and badness of others' actions; feel empathy and compassion; act to soothe those in distress; and have a rudimentary sense of justice. Still, this innate morality is limited, sometimes tragically. We are naturally hostile to strangers, prone to parochialism and bigotry. Bringing together insights from psychology, behavioral economics, evolutionary biology, and philosophy, Bloom explores how we have come to surpass these limitations. Along the way, he examines the morality of chimpanzees, violent psychopaths, religious extremists, and Ivy League professors, and explores our often puzzling moral feelings about sex, politics, religion, and race. In his analysis of the morality of children and adults, Bloom rejects the fashionable view that our moral decisions are driven mainly by gut feelings and unconscious biases. Just as reason has driven our great scientific discoveries, he argues, it is reason and deliberation that makes possible our moral discoveries, such as the wrongness of slavery. Ultimately, it is through our imagination, our compassion, and our uniquely human capacity for rational thought that we can transcend the primitive sense of morality we were born with, becoming more than just babies. Paul Bloom has a gift for bringing abstract ideas to life, moving seamlessly from Darwin, Herodotus, and Adam Smith to The Princess Bride, Hannibal Lecter, and Louis C.K. Vivid, witty, and intellectually probing, Just Babies offers a radical new perspective on our moral lives.

This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether as the main presenting problem or in conjunction with depression, eating disorders, anxiety disorders, or obsessive-compulsive disorder. Using a case formulation approach, the authors draw on their extensive cognitive-behavioral therapy (CBT) experience to present specific techniques and interventions. Coverage spans treatment planning, the therapeutic alliance, key obstacles that may arise, relapse prevention, and emerging research. Reproducible assessment scales and 36 patient handouts are included; purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size.

Illusion Free Will

Free Will by Sam Harris (Summary)

Reasonable Faith

How to Change Your Brain, Mind and Body

Essays and Stories

Free Will: Sam Harris Has It (Wrong)

Why Free Will Is Real

**Justice, equality, and righteousness** these are some of our greatest moral convictions. Yet in times of social conflict, morals can become rigid, making religious war, ethnic cleansing, and political purges possible. Morality, therefore, can be viewed as pathology—a rhetorical, psychological, and social tool that is used and abused as a weapon. An expert on Eastern philosophies and social systems theory, Hans-Georg Moeller questions the perceived goodness of morality and those who claim morality is inherently positive. Critiquing the ethical "fanaticism" of Western moralists, such as Immanuel Kant, Lawrence Kohlberg, John Rawls, and the utilitarians, Moeller points to the absurd fundamentalisms and impracticable prescriptions arising from definitions of good. Instead he advances a theory of "moral foolishness," or moral asceticism, extracted from the "amoral" philosophers of East Asia and such thinkers as Ludwig Wittgenstein and Niklas Luhmann. The moral fool doesn't understand why ethics are necessarily good, and he isn't convinced that the moral perspective is always positive. In this way he is like most people, and Moeller defends this foolishness against ethical pathologies that support the death penalty, just wars, and even Jerry Springer's crude moral theater. Comparing and contrasting the religious philosophies of Christianity, Daoism, and Zen Buddhism, Moeller presents a persuasive argument in favor of amorality.

"Art of Mentoring" seriesIn the book that he was born to write, provocateur and best-selling author Christopher Hitchens inspires future generations of radicals, gadflies, mavericks, rebels, angry young (wo)men, and dissidents. Who better to speak to that person who finds him or herself in a contrarian position than Hitchens, who has made a career of disagreeing in profound and entertaining ways. This book explores the entire range of "contrary positions"-from noble dissident to gratuitous pain in the butt. In an age of overly polite debate bending over backward to reach a happy consensus within an increasingly centrist political dialogue, Hitchens pointedly pitches himself in contrast. He bemoans the loss of the skills of dialectical thinking evident in contemporary society. He understands the importance of disagreement-to personal integrity, to informed discussion, to true progress-heck, to democracy itself. Epigrammatic, spunky, witty, in your face, timeless and timely, this book is everything you would expect from a mentoring contrarian.

Many scientists and scientifically-minded philosophers are skeptical that free will exists. In clear, scientifically rigorous terms, Christian List explains that free will is like other real phenomena that emerge from physical laws but are autonomous from them—like an ecosystem or the economy—and are indispensable for explaining our world. From bestselling author Michael Shermer, an investigation of the evolution of morality that is "a paragon of popularized science and philosophy" The Sun (Baltimore) A century and a half after Darwin first proposed an "evolutionary ethics," science has begun to tackle the roots of morality. Just as evolutionary biologists study why we are hungry (to motivate us to eat) or why sex is enjoyable (to motivate us to procreate), they are now searching for the very nature of humanity. In The Science of Good and Evil, science historian Michael Shermer explores how humans evolved from social primates to moral primates; how and why morality motivates the human animal; and how the foundation of moral principles can be built upon empirical evidence. Along the way he explains the implications of scientific findings for fate and free will, the existence of pure good and pure evil, and the development of early moral sentiments among the first humans. As he closes the divide between science and morality, Shermer draws on stories from the Yanamamö, infamously known as the "fierce people" of the tropical rain forest, to the Stanford studies on jailers' behavior in prisons. The Science of Good and Evil is ultimately a profound look at the moral animal, belief, and the scientific pursuit of truth.

Letter to a Christian Nation

Free Will Sam Harris

The Big Questions

A Dialogue

Waking Up

The New Science of why We Like what We Like

Meaning in a Material World

*Calls for an end to religion's role in dictating morality, demonstrating how the scientific community's understandings about the human brain may enable the establishment of secular codes of behavior.*

*Most of us believe that we are unique and coherent individuals, but are we? The idea of a "self" has existed ever since humans began to live in groups and become sociable. Those who embrace the self as an individual in the West, or a member of the group in the East, feel fulfilled and purposeful. This experience seems incredibly real but a wealth of recent scientific evidence reveals that this notion of the independent, coherent self is an illusion - it is not what it seems. Reality as we perceive it is not something that objectively exists, but something that our brains construct from moment to moment, interpreting, summarizing, and substituting information along the way. Like a science fiction movie, we are living in a matrix that is our mind. In The Self Illusion, Dr. Bruce Hood reveals how the self emerges during childhood and how the architecture of the developing brain enables us to become social animals dependent on each other. He explains that self is the product of our relationships and interactions with others, and it exists only in our brains. The author argues, however, that though the self is an illusion, it is one that humans cannot live without. But things are changing as our technology develops and shapes society. The social bonds and relationships that used to take time and effort to form are now undergoing a revolution as we start to put our self online. Social networking activities such as blogging, Facebook, LinkedIn and Twitter threaten to change the way we behave. Social networking is fast becoming socialization on steroids. The speed and ease at which we can form alliances and relationships is outstripping the same selection processes that shaped our self prior to the internet era. This book ventures into uncharted territory to explain how the idea of the self will never be the same again in the online social world.*

*The physiologist Benjamin Libet famously demonstrated that activity in the brain's motor regions can be detected some 300 milliseconds before a person feels that he has decided to move. Another lab recently used fMRI data to show that some "conscious" decisions can be predicted up to 10 seconds before they enter awareness (long before the preparatory motor activity detected by Libet). Clearly, findings of this kind are difficult to reconcile with the sense that one is the conscious source of one's actions. The question of free will is no mere curio of philosophy seminars. A belief in free will underwrites both the religious notion of "sin" and our enduring commitment to retributive justice. The Supreme Court has called free will a "universal and persistent" foundation for our system of law. Any scientific developments that threatened our notion of free will would seem to put the ethics of punishing people for their bad behaviour in question.In Free Will Harris debates these ideas and asks whether or not, given what brain science is telling us, we actually have free will?*

*Learn why lying is so pervasive in our society and what we can do to stop it. People lie all the time. We lie to each other. We lie to ourselves. We tell white lies, fibs, and whoppers. And sometimes, we lie so much that we completely lose sight of the truth. Lying (2011) is a critical analysis of humanity's deceptions. Examining lies on both the macro and microscopic levels, Sam Harris' investigation considers the prevalence of untruths in our society and why they have to stop. Do you want more free book summaries like this? Download our app for free at https://www.QuickRead.com/App and get access to hundreds of free book and audiobook summaries.*

*A Case for Amoral*

*Metaphysics*

*Letters to a Young Contrarian*

*Lying*

*How Pleasure Works*

*Making Sense*

When philosophy rescued him from an emotional crisis, Jules Evans became fascinated by how ideas invented over two thousand years ago can help us today. He interviewed soldiers, psychologists, gangsters, astronauts, and anarchists and discovered the ways that people are using philosophy now to build better lives. Ancient philosophy has inspired modern communities — Socratic cafés, Stoic armies, Epicurean communes — and even whole nations in the quest for the good life. This book is an invitation to a dream school with a rowdy faculty that includes twelve of the greatest philosophers from the ancient world, sharing their lessons on happiness, resilience, and much more. Lively and inspiring, this is philosophy for the street, for the workplace, for the battlefield, for love, for life.

"The End of Faith articulates the dangers and absurdities of organized religion so fiercely and so fearlessly that I felt relieved as I read it, vindicated....Harris writes what a sizable number of us think, but few are willing to say."—Natalie Angier, New York Times In The End of Faith, Sam Harris delivers a startling analysis of the clash between reason and religion in the modern world. He offers a vivid, historical tour of our willingness to suspend reason in favor of religious beliefs—even when these beliefs inspire the worst human atrocities. While warning against the encroachment of organized religion into world politics, Harris draws on insights from neuroscience, philosophy, and Eastern mysticism to deliver a call for a truly modern foundation for ethics and spirituality that is both secular and humanistic. Winner of the 2005 PEN/Martha Albrand Award for Nonfiction.

Presents a groundbreaking investigation into the origins of morality at the core of religion and politics, offering scholarly insight into the motivations behind cultural clashes that are polarizing America.

A master class on investing featuring conversations with the biggest names in finance, from the legendary cofounder of The Carlyle Group, David M. Rubenstein. What do the most successful investors have in common? David M. Rubenstein, cofounder of one of the world's largest investment firms, has spent years interviewing the greatest investors in the world to discover the time-tested principles, hard-earned wisdom, and indispensable tools that guide their practice.? Rubenstein, who has spent more than three decades in the hypercompetitive world of private equity, now distills everything he's learned about the art and craft of investing, from venture capital, real estate, private equity, hedge funds, to crypto, endowments, SPACs, ESG, and more. -How did Stan Druckenmiller short the British pound in one trade for a profit of \$1 billion dollars? -What made Sam Zell the smartest, toughest investor the world of real estate has ever seen? -How did Mike Novogratz make \$250 million off crypto in one year? -How did Larry Fink build BlackRock from scratch into a firm that manages more than \$10 trillion? -How did Mary Callahan Erdoes rise to the top of J.P. Morgan's wealth management division to manage more than \$4 trillion for individuals and families all over the world? -How did Seth Klarman perfect value investing to consistently deliver net returns of nearly 20 percent? With unprecedented access to global leaders in finance, Rubenstein has assembled the most authoritative book of its kind. How to Invest reveals the thinking of the most successful investors in the world, many of whom rarely speak publicly. Whether you're brand-new to investing or a seasoned professional, this book will transform the way you approach investing forever.