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Expert meditator Yongey Mingyur Rinpoche is fitted with 256 thin wires to measure his brain waves while he meditates. Photo by Brian Ulrich.

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Daniel Goleman, known for his bestselling books on emotional intelligence, has a

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long-standing interest in meditation dating 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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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 recent, “Ecological Intelligence: How Knowing

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American psychologist Daniel Goleman. It was republished under the title *The Meditative Mind* in 1988. The author, Daniel Goleman, in 2011.

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and ease your muscles.

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Daniel Goleman is an author and Harvard graduate. One of his best-known books is Emotional Intelligence (1995). Goleman's interest in meditation began with a two-

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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 Wisconsin.

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Goleman has also written books on self-deception, creativity, transparency, meditation, social and emotional learning, and the ecological crisis. Goleman has received many awards, including “Career Achievement Award for Excellence in the Media” from the American Psychological

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