



Zen and the Art of Consciousness

Susan Blackmore

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Who are you? When are you? What were you conscious of a moment ago? This groundbreaking book sees acclaimed psychologist Susan Blackmore combining the latest scientific theories about mind, self, and consciousness with a lifetime's practice of Zen. Framed by ten critical questions derived from Zen teachings and designed to expand your understanding and experience of consciousness, *Ten Zen Questions* doesn't offer final - or easy - answers, but instead provides an inspiring exploration of how intellectual enquiry and meditation can tackle some of today's greatest scientific mysteries. Dr Susan Blackmore is a writer and broadcaster. She lives in Bristol, UK.

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