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entitled waking up with sam harris'
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to write this book for over a decade this'*

'sam harris book waking up a guide to

spirituality

April 6th, 2020 - i m in the middle of reading this book and i found it interesting that sam an atheist is able to have spiritual experiences despite not having to appeal to a religion being a cradle catholic myself i thought we at least had meditation to turn to while the atheist had no such method to resort too he argues humans are fully capable of meditation and finding inner peace

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