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to understanding the nature of the mind. In late September 2014, the book reached #5 on the New York Times Non-Fiction Best Sellers list. In September 2018 Harris released a meditation app entitled "Waking Up with Sam Harris.

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Waking Up: A Guide to Spirituality Without Religion (2014) by neuroscientist and atheist Sam Harris explores how to develop a spiritual practice that is not based on outmoded religious beliefs about how the world works. Author: Swift Reads. Publisher: Swift Reads. ISBN: Category: Study Aids. Page: 35. View: 310. Read Now »

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The single most challenging task in waking up is to sit straight. If you manage to do that, you

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have conquered the quest for the day. Once you sit up, your urge to sleep again is far reduced. Sure, you might feel like lying down again. However, it is far easier to resist it because you have already overcome the barrier of waking up. 5. Get ...

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