



## Seeing Myself: The New Science of Out-of-body Experiences (Paperback)

---

By Susan Blackmore

Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Essential reading for anyone seeking to understand their own mind and to find a spiritual path that is compatible with science As an impressionable young student, Susan Blackmore had an intense, dramatic and life-changing experience, seeming to leave her body and travel the world. With no rational explanation for her out-of-body experience (OBE) she turned to astral projection and the paranormal, but soon despaired of finding answers. Decades later, a Swiss neurosurgeon accidentally discovered the spot in the brain that can induce OBEs and everything changed; this crucial spot is part of the brain s self-system and when disturbed so is our experience of self. Blackmore leaped back into OBE research and at last began to unravel what had happened to her. Seeing Myself describes her long quest for answers through spirituality, religion, drugs, meditation, philosophy and neuroscience. Anyone can have an OBE, indeed 15 per cent of us have. Even more have experienced sleep paralysis, lucid dreaming and the creepy sense of an invisible presence. At last, with the advent of brain stimulation, fMRI scanning and virtual reality, all these phenomena are beginning...



**READ ONLINE**  
[ 7.78 MB ]

### Reviews

*Thorough manual! Its this sort of good read through. it absolutely was writtern very flawlessly and helpful. I am just easily will get a delight of studying a created publication.*

-- **Abdiel Stiedemann Sr.**

*Complete guide! Its this kind of very good read through. I really could comprehended almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.*

-- **Reilly Keebler IV**