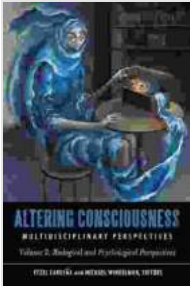


# Altering Consciousness: Multidisciplinary Perspectives



## Altering Consciousness: Multidisciplinary Perspectives

★★★★☆ 4.4 out of 5

Language : English  
File size : 28960 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 800 pages



Altered states of consciousness (ASCs) are characterized by a significant change in one's normal state of mind. These changes can be caused by a variety of factors, including drugs, meditation, hypnosis, and sleep. ASCs can be used for a variety of purposes, including healing, spiritual exploration, and personal growth.

The study of ASCs has a long history, dating back to the ancient Greeks. In recent years, there has been a growing interest in ASCs from a variety of disciplines, including psychology, neuroscience, philosophy, and anthropology. This book explores the nature and implications of ASCs from a multidisciplinary perspective.

The book is divided into four parts. The first part provides an overview of the history and current state of ASC research. The second part explores

the different methods that can be used to induce ASCs. The third part examines the effects of ASCs on the mind and body. The fourth part discusses the implications of ASCs for our understanding of the human mind and experience.

This book is a valuable resource for anyone interested in the study of consciousness and its implications for our understanding of the human mind and experience. It is also a fascinating read for anyone who is interested in learning more about the different ways that we can alter our consciousness.

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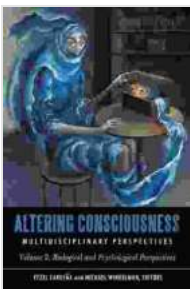
## **Reviews**

"Altering Consciousness: Multidisciplinary Perspectives is a comprehensive and authoritative overview of the study of altered states of consciousness. It is a valuable resource for anyone interested in this fascinating topic." - **Dr. Charles T. Tart, Professor Emeritus of Psychology, University of California, Davis**

"This book provides a unique and comprehensive overview of the multidisciplinary study of altered states of consciousness. It is a valuable resource for researchers, clinicians, and anyone interested in the nature of consciousness." - **Dr. Michael J. Winkelman, Associate Professor of Psychology, New York University**

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