



# The Embodied Mind: Cognitive Science and Human Experience

*Francisco J. Varela, Evan T. Thompson, Eleanor Rosch*

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*The Embodied Mind* provides a unique, sophisticated treatment of the spontaneous and reflective dimension of human experience. The authors argue that only by having a sense of common ground between mind in Science and mind in experience can our understanding of cognition be more complete. Toward that end, they develop a dialogue between cognitive science and Buddhist meditative psychology and situate it in relation to other traditions such as phenomenology and psychoanalysis.

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