



A New Biology of Religion: Spiritual Practice and the Life of the Body

Michael Steinberg

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This book is unique in its focus on bodily experience as an independent source of knowledge and insight, an important aspect of recent discoveries in neurology and psychology. By rethinking what it is to be human and what role self-consciousness plays, it finds striking points of intersection between science and religion and challenges readers to rediscover their spiritual connections to the physical world. Combining scientific rigor with the spiritual quest, *A New Biology of Religion: Spiritual Practice and the Life of the Body* reframes the science-religion debate. This profound work examines how all things are connected—both scientifically and spiritually—and shows how religious practices mirror the biological processes of life.

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