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seems to be what is missing from secularism and from the lives of most of the people I meet. The purpose of this book is to offer readers a clear view of the problem, along with some tools to help them solve it for themselves.

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Waking Up is part
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part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris - a scientist, philosopher, and famous skeptic - could write it. ©2014 Sam Harris.

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Waking Up: A Guide to Spirituality Without Religion is a 2014 book by Sam Harris that discusses a wide range of topics including secular spirituality (essentially within the context of spiritual naturalism), the illusion of the self, psychedelics, and meditation.

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