

New York Times bestselling author of *Why Buddhism Is True*

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How Mindfulness Can Heal the World

Evolving Beyond Tribalism

SESSION ONE: UNDERSTANDING TRIBALISM

1. Introduction to Session One
2. Everybody is part of the problem
3. Modern problem, ancient prescription
4. A universal human nature
5. Misapprehending the world
6. Session One Exercise

SESSION TWO: TACKLING BIAS

7. Introduction to Session Two
8. How confirmation bias works
9. A more objective frame of mind
10. Exercising mindfulness
11. Session Two Exercise

SESSION THREE: WHEN A WEED IS NOT A WEED

12. Introduction to Session Three
13. Less essence, more clarity
14. Attribution error
15. The experience of emptiness
16. Session Three Exercise

SESSION FOUR: HEALING THE DIVIDE

17. Introduction to Session Four
18. Two kinds of empathy
19. Essence of enemy
20. Lovingkindness and compassion
21. Session Four Exercise

SESSION FIVE: ANGER AND RAGE

22. Introduction to Session Five
23. What is rage for?
24. What is anger for?
25. An arms race of delusion
26. What can I do?
27. Session Five Exercise

SESSION SIX: THE BIGGER PICTURE

28. Introduction to Session Six
29. Technology as a productive force
30. Non-zero-sum games
31. Chipping away at the sense of self
32. A giant global brain
33. Session Six Exercise