

The *New York Times* bestselling  
author of *Brainstorm* and *Mindsight*

Daniel J. Siegel, MD

# AWARE

*The Science and  
Practice of Presence*

THE GROUNDBREAKING  
MEDITATION PRACTICE

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Science and Practice of  
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Siegel**

## **Book details**

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# **Synopsis book**

This groundbreaking new book from New York Times bestselling author Daniel Siegel, M.D., introduces readers to his pioneering meditation practice that draws on cutting-edge brain science.

In *Aware*, New York Times bestselling author Daniel J. Siegel introduces readers to his life-changing meditation program, *The Wheel of Awareness*. Whether the reader has no experience with reflective practices or is an experienced practitioner, *Aware* provides practical instruction for mastering this brilliant tool for cultivating more focus, presence, and peace in one's day-to-day life. Dr. Siegel reveals in this fascinating book how mindfulness practices such as meditation have the capacity to, quite literally, re-wire our brains as "neurons that fire together wire together." According to Siegel, fear, anxiety, and stress in our lives can tend to send our thoughts traveling down the same neural pathways. Our thinking can become rigid or disjointed. Through developing a *Wheel of Awareness* practice,

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