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Nota di contenuto	Intro -- Preface -- Acknowledgments -- Contents -- Chapter 1: The Case Against Jewish Mindfulness Meditation -- Introduction -- Mindfulness Practice in American Jewish Life -- "Jewish Mindfulness"51 -- Can Mindfulness Enhance Jewish Life? -- A "Cult of Death"101 -- An Outbreak of Peace?117 -- Positive Studies on Mindfulness -- Studies Demonstrating Negative Consequences of Practicing Mindfulness -- Psychotherapeutic Problems with Mindfulness -- Mindfulness in a Culture of Narcissism -- Mindfulness in a "Do You" Culture -- Mindfulness in an Epidemic of Loneliness -- Are Mindfulness Communities Any Better? -- A Social Critique on Mindfulness -- About Everything -- Chapter 2: The Case Against Psychedelic Judaism -- Introduction -- Psychedelic Experiences -- Psychedelics as Therapy -- Psychedelics and Religion -- Psychedelics Seen as a Tool to Practice Judaism -- Psychedelics Seen as a Danger to Judaism -- Psychedelics Seen as the Root of Judaism -- The Use of Psychedelics Among Modern Jews -- Conclusion -- Index.
Sommario/riassunto	Contemporary Judaism is transforming, especially in America, from a

community experience to more of a do-it-yourself religion focused on the individual self. In this book Christopher L. Schilling offers a critique of this transformation. Schilling discusses problematic aspects of Jewish mindfulness meditation, and the relationship between Judaism and psychedelics, proceeding to explore the science behind these developments and the implications they have for Judaism.
