



# **Neuroenhancement: how mental training and meditation can promote epistemic virtue.**

**(SpringerBriefs in Ethics)**

*Barbro Fröding, Walter Osika*

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This book explores how one can bring about changes in the brain through meditation, both through attention-focus training and through compassion training. Recent findings in the natural sciences have confirmed that it is possible for humans to achieve these structural and functional changes through various life-style practices. It is argued that meditation enables us to influence some aspects of our biological make-up and, for example, could boost our cognitive flexibility as well as our ability to act compassionate. Such changes are likely to facilitate the instilling of a number of epistemic virtues which have great bearing on our quality of life. This book offers the reader an accessible introduction to a set of neuro-enhancement methods, with a special focus on meditation techniques, and explores how such practices could contribute to make us better decision-makers and improve our moral virtues. The book is suitable for anyone looking for a text discussing the effects of neuro-enhancement from a secular ethics perspective.

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