## **Contents**

Pre	Preface	
Intr	oduction	xv
PART I: RECLAIMING THE BUDDHA FROM BUDDHISM		
1	The Legend of the Buddha: History, Myth, and Hagiography	5
2	The Hermeneutical Buddha: What He Taught, What He Thought (Maybe)	23
	RT II: THE BUDDHA'S PEDAGOGICAL PROJECT: E ENNOBLING PRAXES (AKA FOUR NOBLE TRUTHS)	33
3	The First Ennobling Praxis: What is the Problem?	37
4	The Second Ennobling Praxis: Getting to the Root of the Problem	41
5	The Third Ennobling Praxis: Can the Problem Be Resolved?	45
6	The Fourth Ennobling Praxis: Resolving the Problem	51
	RT III: MIND ON FIRE: THE BUDDHA'S YCHOLOGICAL MAP	59
7	Form: Brain Architecture and the Neuroplastic Forest of Self	73
8	Perception: Categorization	81

vi Contents

9	Feeling: Pain and Pleasure Drive Evolution's Primary Agendas (and Give Rise to a Sense of the One Having	
	Pleasure and Pain)	87
10	Mental Fabrication and the Modular Self	97
11	Consciousness: Apparently Ubiquitous, Certainly Overestimated	109
Conclusion		115
Epilogue		125
Bibliography		129
Index		141
About the Author		149