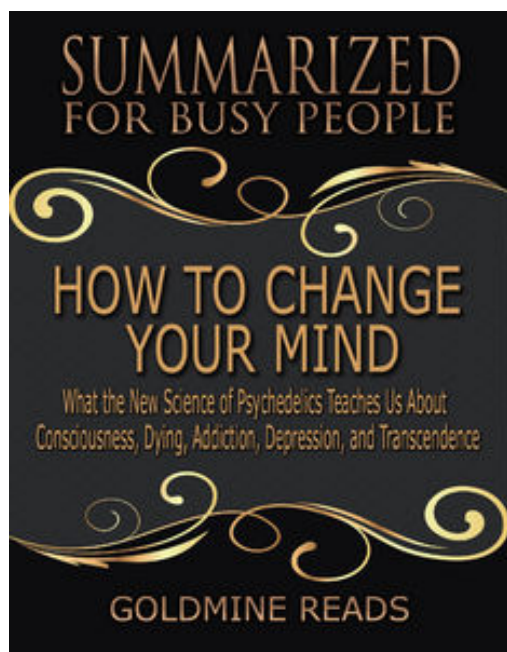


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A perfect blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* serves as a participatory journalism that gives a gripping account of the world of understanding the mind, the self, and our place in the world. Pollan's "mental travelogue" not only looks into psychedelic drugs but also the puzzle of the human consciousness and how it could set us in suffering and in

joy—while doing our best of find the meaning in our lives.

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