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## Buddhism and Computing: How to Flourish in the Age of Algorithms

**Paul Trafford** 

How can we flourish in an age of algorithms, as we struggle with the challenges of social media and machine learning? Do the age-old teachings of Buddhism hold a possible key? In this fascinating and insightful book, Paul Trafford argues that we need to make cyber-technology ethical – by design.

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'Today I am certain the most important conversation we should be having is about the future of Al. It will dominate what happens ... for better or for worse.' - Jim Al-Khalili

PAUL TRAFFORD holds postgraduate degrees in mathematics, computer science and the study of religion. He is a former trustee of the International Interfaith Centre in Oxford, and a founding Director of the Dhammakaya International Society, UK. He blogs at: https://paultrafford.blogspot.com

'I believe that every human being has an innate desire for happiness. I also believe that the very purpose of life is to experience this happiness.' - The Dalai Lama

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