

The Psychology Of Awakening

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The Buddhist view of the mind - how it works, how it goes wrong, how to put it right - is increasingly being recognised as profound and highly practical by scientists, counsellors and other professionals. In The Psychology of Awakening, this powerful vision of human nature, and its implications for personal and social life, are for the first time brought to a wider audience by some of those most influential in exploring its potential for the way we live today. These include: David Brazier Jon Kabat Zinn Francisco Varela Joy Manne Geshe Thubten Jinpa Mark Epstein Gay Watson Maura Sills Guy Claxton Stephen Batchelor. Deeply relevant, accessible and authoritative, The Psychology of Awakening will be of interest to all those who wish to understand the workings of their minds a little better and who are also seeking new ways of mastering the challenges - personal, professional and cultural with which modern life confronts us all.

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