

Buddhist Psychology A Modern Perspective

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Psychology Today

by new interpretations of these techniques within the framework of modern psychology, medicine, and neuroscience, many of which are discussed in other chapters of this volume. Nineteenth-and early ...

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I believe that sentiment still lurks beneath the surface of our collective psychology ... in the meditation traditions of Hinduism and Buddhism. Our hyperconnected lifestyle, without downtime ...

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2 While some borrowed technology and plots from foreign works, the writing style and the psychology of characters were Chinese. These sf works of the late Qing era mirrored the dreams of the Chinese ...

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Book Description: Over the centuries, Buddhist ideas have influenced medical thought and practice in complex and varied ways in diverse regions and cultures. A companion to Buddhism and Medicine: An ...

Blending the lessons of psychotherapy with Buddhist teachings, Mark Epstein offers a revolutionary understanding of what constitutes a healthy emotional life The line between psychology and spirituality has blurred, as clinicians, their patients, and religious seekers explore new perspectives on the self. A landmark contribution to the field of psychoanalysis, Thoughts Without a Thinker describes the unique psychological contributions offered by the teachings of Buddhism. Drawing upon his own experiences as a psychotherapist and mediator, New York-based psychiatrist Mark Epstein lays out the path to meditation-inspired healing, and offers a revolutionary new understanding of what constitutes a healthy emotional life.

Immersed in Buddhist psychology prior to studying Western psychiatry, Dr. Mark Epstein first viewed Western therapeutic approaches through the lens of the East. This posed something of a challenge. Although both systems promise liberation through self-awareness, the central tenet of Buddha's wisdom is the notion of no-self, while the central focus of Western psychotherapy is the self. This book, which includes writings from the past twenty-five years, wrestles with the complex relationship between Buddhism and psychotherapy and offers nuanced reflections on therapy, meditation, and psychological and spiritual development. A best-selling author and popular speaker, Epstein has long been at the forefront of the effort to introduce Buddhist psychology to the West. His unique background enables him to serve as a bridge between the two traditions, which he has found to be more compatible than at first thought. Engaging with the teachings of the Buddha as well as those of Freud and Winnicott, he offers a compelling look at desire, anger, and insight and helps reinterpret the Buddha's Four Noble Truths and central concepts such as egolessness and emptiness in the psychoanalytic language of our time.

LARGE PRINT EDITION WHEN ON PAPERBACK> Offering a simple to follow western interpretation of the structure and dynamics of the Buddhist structure of personality using the aggregates as a base. This book discusses Buddhist psychology as a secular philosophy which has been validated by modern psychology and psychotherapeutic research. The similarities of the Buddhist structure of personality and modern perspectives is discussed. The author asserts that Buddhist perspective stands out as unique because it is a compound of separate elements and therefore is an illusion. When correlating modern psychological perspectives the idea of non self and self-actualisation are discussed in a way that the reader is encouraged to draw their own conclusions. As well as discussing modern psychotherapy and psychology perspectives in relation to Buddhist Psychology the author also discusses his own perspective of 'Hypothetical Mindfulness'.The author acknowledges that this book avoids delving in to the original languages but is rather a western interpretation. This book intends to prepare the reader for deeper study in the future and offers an appropriate beginning for studying Buddhist psychology without learning stories or parables.

An intimate guide to self-acceptance and discovery that offers a Buddhist perspective on wholeness within the framework of a Western understanding of self. For decades, Western psychology has promised fulfillment through building and strengthening the ego. We are taught that the ideal is a strong, individuated self, constructed and reinforced over a lifetime. But Buddhist psychiatrist Mark Epstein has found a different way. Going to Pieces Without Falling Apart shows us that happiness doesn't come from any kind of acquisitiveness, be it material or psychological. Happiness comes from letting go. Weaving together the accumulated wisdom of his two worlds—Buddhism and Western psychotherapy—Epstein shows how “the happiness that we seek depends on our ability to balance the ego's need to do with our inherent capacity to be.” He encourages us to relax the ever-vigilant mind in order to experience the freedom that comes only from relinquishing control. Drawing on events in his own life and stories from his patients, Going to Pieces Without Falling Apart teaches us that only by letting go can we start on the path to a more peaceful and spiritually satisfying life.

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The Abhidharma, one of the three major text collections of the original Buddhist canon, frames the psychological system of Buddhism, explaining the workings of reality and the nature of the human mind. It is composed of detailed matrixes and lists that outline the interaction of consciousness and reality, the essence of perception and experience, and the reasons and methods behind mindfulness and meditation. Because of its complexity, the Abhidharma has traditionally been reserved only for academic or monastic study; now, for the first time, clinical psychologist Beth Jacobs brings this dynamic body of work to general readers, using practical explanation, personal stories, and vivid examples to gently untangle the technical aspects of the Abhidharma. Drawing on decades of experience as both a therapist and a Buddhist, Jacobs illuminates this classic area of Buddhist thought, highlighting the ways it can broaden and deepen our experience of the human psyche and offering profound insights into spiritual practice.

Both broad and deep, this eye-opening book is one of the best available overviews of the radical psychological teachings underlying the Buddhist approach to freedom and peace. Sophisticated without being daunting, brilliantly clear without becoming simplistic, Andrew Olendzki's writing is filled with rich phrases, remarkable images, and the fruits of decades of careful thought. Grounded in profound scholarship, psychological sophistication, and many years of teaching and personal practice, this much-anticipated collection of essays will appeal to anyone looking to gain a richer understanding of Buddhism's experiential tools for exploring the inner world. In Unlimiting Mind, Olendzki provokes fresh and familiar reflections on core Buddhist teachings.

This user-friendly guide to the basics of Buddhist psychology presents a roadmap specifically designed for cognitive-behavioral therapy (CBT) practitioners. It explains central Buddhist concepts and how they can be applied to clinical work, and features numerous experiential exercises and meditations. Downloadable audio recordings of the guided meditations are provided at the companion website. Essential topics include the relationship between suffering and psychopathology, the role of compassion in understanding and treating psychological problems, and how mindfulness fits into evidence-based psychotherapy practice. The book describes an innovative case conceptualization method, grounded in Buddhist thinking, that facilitates the targeted delivery of specific CBT interventions.

A collection of writings by a range of contemporary women, from ordained teachers and practitioners to women who have experimented with Buddhism, explores the role of gender, race, class, and female sexuality in Buddhism in North America. Original. IP.

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