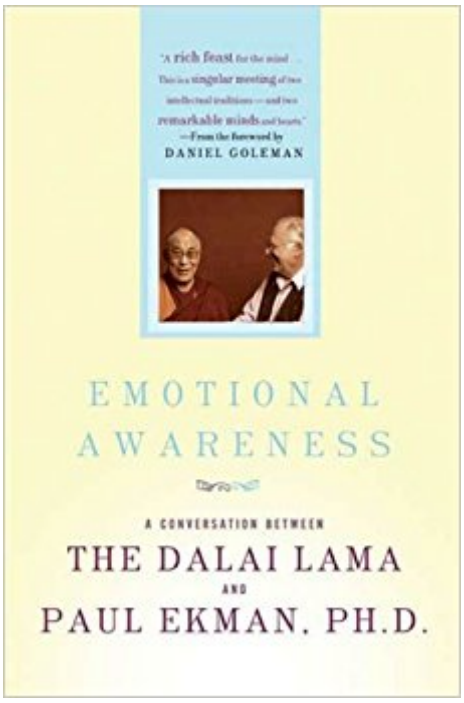
Ebook Directory
the best source of ebook

The book was found

Emotional Awareness: Overcoming The Obstacles To Psychological Balance And Compassion



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Two leading thinkers engage in a landmark conversation about human emotions and the pursuit of psychological fulfillmentAt their first meeting, a remarkable bond was sparked between His Holiness the Dalai Lama, one of the world's most revered spiritual leaders, and the psychologist Paul Ekman, whose groundbreaking work helped to define the science of emotions. Now these two luminaries share their thinking about science and spirituality, the bonds between East and West, and the nature and quality of our emotional lives.In this unparalleled series of conversations, the Dalai Lama and Ekman prod and push toward answers to the central questions of emotional experience. What are the sources of hate and compassion? Should a person extend her compassion to a torturerÃ¢â ¬â •and would that even be biologically possible? What does science reveal about the benefits of Buddhist meditation, and can Buddhism improve through engagement with the scientific method? As they come to grips with these issues, they invite us to join them in an unfiltered view of two great traditions and two great minds.Accompanied by commentaries on the findings of emotion research and the teachings of Buddhism, their interplayÃ¢â ¬â •amusing, challenging, eye-opening, and movingÃ¢â ¬â •guides us on a transformative journey in the understanding of emotions.

Book Information

File Size: 1069 KB

Print Length: 292 pages

Page Numbers Source ISBN: 0805090215

Publisher: Times Books; 1 edition (September 16, 2008)

Publication Date: September 16, 2008

Sold by:Ã Â Macmillan

Language: English

ASIN: B001FA0RMU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #456,050 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #95 inÃ Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #244

inÃ Â Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Tibetan #540
inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Emotions

Customer Reviews

Some interesting, enlightening insights. It’s just that there seemed to be a lot of quibbling over vocabulary and concepts between the two men. Of course, this is expected with one representative of western and one of eastern thought. The book became much more positive toward the end, though. It is worth reading, but not one where I often found myself anxious to pick it up.

Simply, inspirational. Insightful and human. A lovely book, truly.

A read for anyone, anywhere, any time. Yes of course it is wonderful. read it over and over. it always offers help.

One of my top 5 favorite books of all time. Very practical, light humor, highly enlightening.

This is an amazing book that sheds some light on some of the buddhism, as it applies to phycology. both The Dahli Lama and Dr. Eckman are very insightful and opinionated. there were a number of questions that get good answers about how the mind works and processes emotion.This is a good book for Buddhists who want a insight from modern medicine on their practice. Also a good read for people who understand Phycology and want a to know what the whole Buddhist thing is about. Also it is a good read for anyone who is interested on how the mind works. it has some good food for thought, as well as does a good job of putting into words what is going on in our minds.Be warned though, It is in Interview style with short essays interwoven for clarity and as they apply. it takes a little getting use to, but it is well worth it. It is like sitting down and listening to two extremely intelligent people talk at a coffee shop and having the time to look stuff up you don’t get.

I have been looking for someone who really would build a bridge between psychology and Buddhism. In many talks, people seem to draw similarities between buddhism and psycholgy but Paul ekman has brought to light both the similarities and differences. He asks straight questions to Dalai lama who answers with no-nonsense approach. The areas of Hatred, Mindfulness and compassion are explored in great depth. Paul Ekman is true scientist with sincere motivation to help

mental health realm by borrowing Buddhist concepts. He brings his own life experiences to light in the book which adds authenticity to the discussion. Psychology focuses mainly on psychopathology whereas Buddhism is for mainly geared for normal people seeking higher happiness. However there is lot of overlap and the books brings them to light. I wish Paul Ekman had shared more about his observation apart from the conversational style. Worth reading this interesting, open and lively discussion between honest and sincere people seeking truth.

Great book with deep advice on feelings and Buddhist way of thinking!!

Excellent

Download to continue reading...

Emotional Awareness: Overcoming the Obstacles to Psychological Balance and Compassion Emotional Awareness: Overcoming the Obstacles to Emotional Balance and Compassion Emotional Intelligence: Why You're Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook) Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) Highly Sensitive Person: 2 Manuscripts - Empath & Emotional Healing -Empowering Empaths, Healing, Sensitive Emotions, Energy & Relationships,Coping with Emotional and Psychological Trauma Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) Eyes Wide Open: Overcoming Obstacles and Recognizing Opportunities in a World That Can't See Clearly Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life Seven Things That Steal Your Joy: Overcoming the Obstacles to Your Happiness Overcoming Obstacles In Family: Forgiveness Seeing Home: The Ed Lucas Story: A Blind Broadcaster's Story of Overcoming Life's Greatest Obstacles Impossible Compassion: Use The Compassion Key to Un-Create Disease, Save the Environment, Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else Impossible Compassion: Using The Compassion Key to Un-Create Disease, Save the Environment, Transform RelationshipsÃ¢â ¬Â¦ and Do All Sorts of Other Good Things for Ourselves and Everyone Else The

Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Awareness Through Movement: Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination, and Personal Awareness Exam Prep: Hazardous Materials Awareness And Operations (Exam Prep: Hazardous Materials Awareness & Operations) Psychic: The Beginner Guide to Psychic development to increase your psychic abilities. Become a clairvoyant and improve awareness.: Psychic awareness for ... guide, Mindfulness, clairvoyant Book 2) 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action

Contact Us

DMCA

Privacy

FAQ & Help