



Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health

Daniel Goleman (Editor)

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Can the mind heal the body? The Buddhist tradition says yes—and now many Western scientists are beginning to agree. *Healing Emotions* is the record of an extraordinary series of encounters between the Dalai Lama and prominent Western psychologists, physicians, and meditation teachers that sheds new light on the mind-body connection. Topics include: compassion as medicine; the nature of consciousness; self-esteem; and the meeting points of mind, body, and spirit.

This edition contains a new foreword by the editor.

Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health Details

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From Reader Review Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health for online ebook

Joelle Sweeney says

Another of my favorite people: though not much comment from him- the Dalai Lama is holding the council of many different scientists in this book and these contributors discuss their various areas of alternative support to healing individuals with terminal illnesses, as well as other issues- a large one being stress- which I was particularly interested in. It covers theories and techniques that are applicable in daily life and attainable. I think it is a good read.

Lidia says

O carte inteligenta, una din multele care te invata cum sa iubesti si sa te iubesti.

Goddess says

This book is mainly about meditation, but it includes as well studies about emotions, behaviors and Buddhism. It was a nice read.

Renaissance Vlad says

Great book, wise conversation between wise and compassionate people!

Ralf Larisch says

Ich besitze die dt. Ausgabe, mit dem Titel "Gespräche mit dem Dalai Lama über Achtsamkeit, Emotionen und Gesundheit." - Die heilende Kraft der Gefühle -

Wie wirken sich Emotionen auf die Gesundheit aus?

300 Seiten großartige neue wissenschaftliche Erkenntnisse in einer verständlichen Sprache zwischen zwei Buchdeckel gedruckt!

Lee says

More on the collaboration between western scientists who study emotion and the Dalai Lama and his spiritual colleagues. Has the advantage of taking the "positive psychology" approach.

Margot says

Ohm.

Rubina says

This book is a collection of conversations between the Dalai Lama and a group of Western physicians, psychologists and meditation teachers. The discussions on the mind-body connection, emotions in both religion and science, and the differing approaches of Eastern psychology and Western scientific make for a fascinating read. The group exchanges philosophy, ideas, ideals on topics such as compassion, mindfulness, selflessness, the nature of consciousness and meditation.

Definitely recommended if you are interested in spirituality and the relationship between health and emotional experience.
