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Titolo	Emotions and The Body in Buddhist Contemplative Practice and Mindfulness-Based Therapy : Pathways of Somatic Intelligence / / by Padmasiri de Silva
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Sommario/riassunto	This book represents an outstanding contribution to the field of somatic psychology. It focuses on the relationship between body and emotions, and on the linkages between mindfulness-based emotion studies and neuroscience. The author discusses the awakening of somatic intelligence as a journey through pain and trauma management, the moral dimensions of somatic passions, and the art and practice of embodied mindfulness. Issues such as the emotions and the body in relation to Buddhist contemplative practice, against the background of the most recent findings of current neuroscience, are

expanded in the book. A broad review of the Darwinian-Jamesian heritage on emotion studies is a unique contribution to the tradition of the somatogenic strands of emotions, and provides a contrasting focus to the ideogenic emotions in Sigmund Freud. This work provides an invaluable resource for students of psychology and philosophy, psychotherapists and meditation teachers, students, and for anyone with an interest in the field of somatic psychology.

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