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Lingua di pubblicazione	Inglese
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1: Introduction to Emotion Studies -- Chapter 2: Emotion Profiles: Anger -- Chapter 3: Emotions and the Body -- Chapter 4: Buddhist Architecture of the Mind -- Chapter 5: James, Darwin & Freud on Emotions -- Chapter 6: Will and Emotions -- Chapter 7: Elegance of Being Your Own Therapist -- Chapter 8: Understanding Depression -- Chapter 9: Stress Management -- Chapter 10: Pain Management -- Chapter 11: Three Ways of Dealing Disturbing Emotions -- Chapter 12: Emotion of Subliminal Fear -- Chapter 13: Destructive Emotions -- Chapter 14: Emotions as Metaphors -- Chapter 15: Compassion -- Chapter 16: Loneliness, Connectedness and Solitude -- Chapter 17: Greed, Sensuality and the Acquisitive Drive -- Chapter 18: Pride, Conceit and Humility -- Chapter 19 Addictions -- Chapter 20 Emotions and Health -- Chapter 21 Exploring a Buddhist Theory of Humour --

Chapter 22 Environmentalism as a way of Life -- Chapter 23 Emotions of Altruism -- Chapter 24 Contemplative Education -- Chapter 25 Work Ethics -- Chapter 26 Mindfulness-Based Cognitive Therapy -- Chapter 27 Compassionate Mental Health Care -- Chapter 28 Anger as a Moral Emotion.

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### Sommario/riassunto

This book examines the use of Buddhist ideas, particularly mindfulness, to manage a broad spectrum of emotions and to address social and economic issues impacting the world, such as climate change. Beginning with a brief history of emotion studies, it highlights how recent developments in neuroscience and cognitive science have paved the way for exploring the utility of Buddhist concepts in addressing various psychological and social problems in the world. It profiles a wide range of emotions from Western and Buddhist perspectives including anger, sadness, depression, pride, and compassion, and analyses the integration of Buddhist ideas into modern clinical practice. Finally, the author demonstrates the utility of mindfulness in the regulation of emotions in various settings, including psychiatric clinics, schools, and businesses. Anchored in the Buddhist tradition this book provides a unique resource for students and scholars of counselling, psychotherapy, clinical psychology and philosophy.

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