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Sommario/riassunto	This book attempts to open out the discussion between Buddhist thought and psychotherapy and the new findings of neuroscience in the context of our search for wellbeing. Buddhist teachings are concerned

with a way of living and engage most resonantly with practice rather than with theory. Thus the conversation between Buddhism and psychotherapy has been a particularly fruitful one for as long as dialogue has existed between Buddhist and Western disciplines. Today, ideas arising from Buddhism and from contemporary cognitive science may encourage us to engage anew with our experience, our embod
