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Nota di contenuto	Chapter 1. What is Buddhist Psychotherapy? -- Chapter 2. The First Principle of Buddhist Psychotherapy: The Properties of the Body and Mind -- Chapter 3. The Second Principle of Buddhist Psychotherapy: The Principles of the World's Movement -- Chapter 4. The Third Principle of Buddhist Psychotherapy: Living with Wisdom -- Chapter 5. Understanding People with Mental Problems -- Chapter 6. Methods of Buddhist Psychotherapy -- Final words.
Sommario/riassunto	This book explores how to utilize Buddhism in psychotherapy and how Buddhism itself acts as a form of psychotherapy, using Buddhism practices as a lens for universal truth and wisdom rather than as aspects of a religion. Based on the author's over 30 years of study and practice with early Buddhism and his experiences of Buddhism with his patients, the book outlines a new form of psychotherapy incorporating three Buddhist principles: the properties of the body and mind, the principle of world's movement, and living with wisdom. This technique provides a unique perspective on mental health and offers new approaches for clinicians and researchers to effectively addressing mental health and well-being.