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Autore	Watson Gay
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Nota di contenuto	Cover; Copy Right; ABOUT THE AUTHOR; PREFACE; PART I: VIEW; CHAPTER ONE: View from within and without: first and third person perspectives; CHAPTER TWO: The contemporary explanation: the mind sciences; CHAPTER THREE: Psychotherapy: explanation in action; CHAPTER FOUR: The earliest explanation: the Buddhist view; PART II: MEDITATION; Introduction; CHAPTER FIVE: Embodiment; CHAPTER SIX: Emotion; CHAPTER SEVEN: Environment; CHAPTER EIGHT: Selves and non-selves: I, mine and views of self; PART III: ACTION; Introduction; CHAPTER NINE: Attention, receptivity and the feminine voice CHAPTER TEN: Inconclusion: creativity, imagination and metaphor APPENDIX 1: The enactive view; APPENDIX 2: The Mind and Life Institute and other resources; BIBLIOGRAPHY
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

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