Emotional Awareness: Overcoming the Obstacles to Psychological Balance and Compassion

By Dalai Lama, Paul Ekman

Holt McDougal. Paperback / softback. Book Condition: new. BRAND NEW, Emotional Awareness: Overcoming the Obstacles to Psychological Balance and Compassion, Dalai Lama, Paul Ekman, Two leading thinkers engage in a landmark conversation about human emotions and the pursuit of psychological fulfillment At their first meeting, a remarkable bond was sparked between the Dalai Lama, one of the world's revered spiritual leaders, and the psychologist Paul Ekman, whose groundbreaking work helped to define the science of emotions. Now these two luminaries share their thinking about science and spirituality, the bonds between East and West, and the nature of our emotional lives. In this unparalleled series of conversations, the Dalai Lama and Ekman push toward answers to the central questions of emotional experience. What are the sources of hate and compassion? What does science reveal about Buddhist meditation, and what can Buddhism gain from the scientific method? Here, they invite us to join them in an unfiltered view of two great traditions and two great minds. Accompanied by commentaries on emotion research and Buddhist teachings, their interplay--amusing, challenging, eye-opening, and moving--guides us on a transformative journey in the understanding of emotions.

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Reviews

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