



An Introduction to Buddhist Psychology and Counselling: Pathways of Mindfulness-Based Therapies

By Padmasiri de Silva

Palgrave Macmillan. Paperback. Condition: New. 288 pages. Dimensions: 8.5in. x 5.4in. x 0.7in. This book, now in its fifth edition, provides a comprehensive introduction to Buddhist psychology and counselling, exploring key concepts in psychology and practical applications in mindfulness-based counselling techniques. This integrated study uses Buddhist philosophy of mind, psychology, ethics and contemplative methods to focus on the emotional rhythm of our lives, opening up new avenues for mental health. De Silva presents a range of management techniques for mental health issues including stress, anger, depression, addictions and grief. He moves beyond the restriction of mental health issues to damage control, instead encouraging personal growth and positive emotions of compassion, forgiveness, generosity, equanimity and, ultimately, emotional balance. This book blends Western psychology and philosophy and ancient wisdom and contemporary thought to provide a key contribution to cognitive sciences, emotion studies, moral psychology and psychotherapy counselling. This new edition contains nine new chapters and an additional second part which focuses on counselling and mindfulness-based techniques in therapy. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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