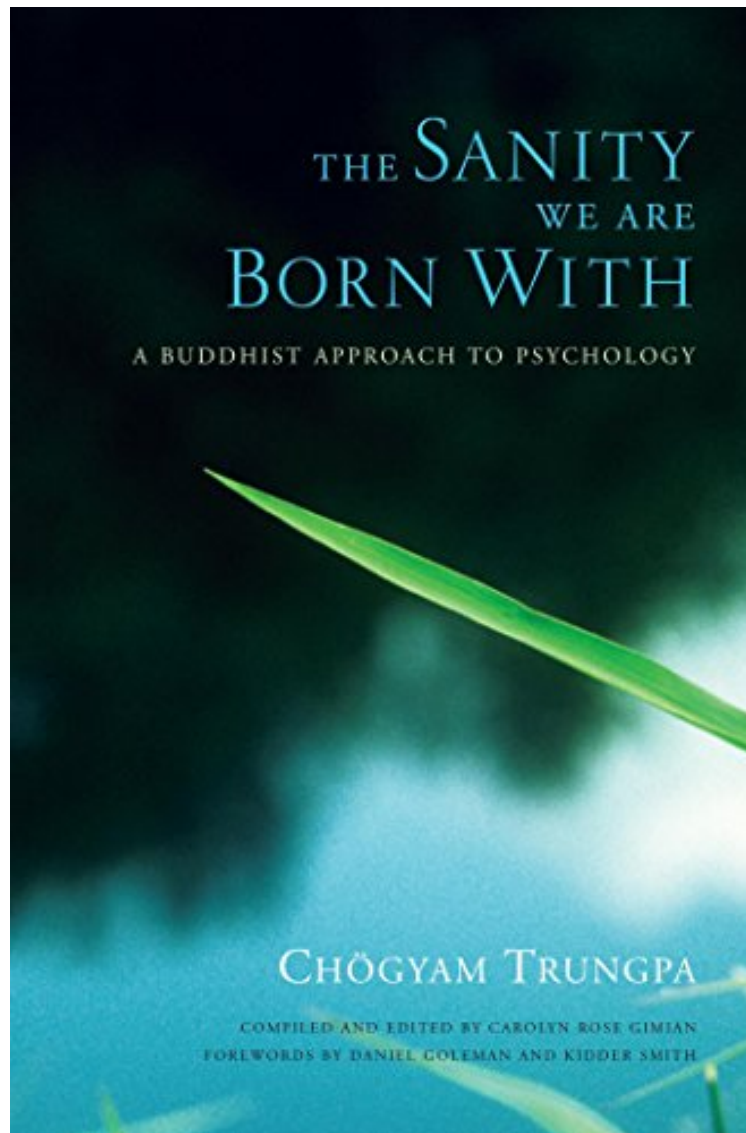


(Free and download) The Sanity We Are Born With: A Buddhist Approach to Psychology

The Sanity We Are Born With: A Buddhist Approach to Psychology

Von Chogyam Trungpa

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Von Chogyam Trungpa : The Sanity We Are Born With: A Buddhist Approach to Psychology before purchasing it in order to gage whether or not it would be worth my time, and all praised The Sanity We Are Born With: A Buddhist Approach to Psychology:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Interessant fr PsychotherapeutenVon B., MarijjanaDas Buch ist eine Anregung fr die Arbeit von Psychotherapeuten. Es schlgt eine Brcke zwischen buddhistischem Gedankengut und der praktischen Umsetzung in unserer heutigen Zeit.

Gleichzeitig lernt man das Lebenswerk von Chgyam Trungpa ein wenig kennen. Insgesamt sehr erhebend und nützlich für Jedermann, der sich in die buddhistische Begriffswelt einlesen kann.

Kurzbeschreibung More and more mental health professionals are discovering the rich tradition of Buddhist psychology and integrating its insights into their work with clients. Buddhist tradition teaches that all of us are born with what Chgyam Trungpa terms "basic sanity," or inherent goodness, health, and clear perception. Helping ourselves and others to connect with this intrinsic ground of sanity and health is the subject of this collection of teachings, which the author gave to Western psychologists, psychotherapists, and students of Buddhist meditation over a number of years. The *Sanity We Are Born With* describes how anyone can strengthen their mental health, and it also addresses the specific problems and needs of people in profound psychological distress. Additionally, the author speaks to the concerns of psychotherapists and any health care professionals who work with their patients' states of mind. The collection includes teachings on: Buddhist concepts of mind, ego, and intelligence, and how these ideas can be employed in working on oneself and with others meditation as a way of training the mind and cultivating mindfulness nurturing our intrinsic health and basic sanity guidance for psychotherapists and health professionals

Pressestimmen "Chgyam Trungpa was the first Buddhist master to present Buddhism in a psychological language that spoke directly to the Western mind. This highly recommended volume, which brings together his penetrating views on Buddhist and Western psychology, will be of great interest to psychotherapists, students of Dharma, and anyone who is concerned with the relationship between the native sun of awakened wisdom within us and the psychological clouds that obscure its light." John Welwood, author of *Towards a Psychology of Awakening*

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