



Zen Therapy: A Buddhist Approach to Psychotherapy

By David Brazier, Caroline Brazier

Little, Brown Book Group, United Kingdom, 2001. Paperback. Book Condition: New. 194 x 130 mm. Language: N/A. Brand New Book ***** Print on Demand *****.Buddhism, from Abhidharma to Zen, offers a practical path to harmony of head and heart. For over 2,000 years Buddhists have been developing sophisticated psychologies to guide the work of achieving freedom from mental suffering. Now East and West are beginning to learn from each other. In a readable and practical manner, this book challenges basic assumptions of Western psychology, demystifies Buddhist psychology and presents Zen as a therapy. Giving examples of its effectiveness in psychotherapeutic practice, the author shows how Zen derives from the Buddhist theory of the mind and throws new light upon the Buddhist theory of relations and conditions. This seminal work is a resource full of intriguing and controversial ideas.



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