



The Psychology of Awakening: Buddhism, Science, and Our Day-to-Day Lives

Gay Watson

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The Buddhist view of the mind--how it works, how it goes wrong, how to put it right--is being increasingly recognized as both profound and highly practical by scientists, counsellors, and other professionals. In *The Psychology of Awakening*, editors Gay Watson, Stephen Batchelor and Guy Claxton have compiled a wide-ranging and penetrating selection of articles on the relevance and application of Buddhist philosophy and practice in the modern Western World. Divided into four parts, the book explores the philosophical issues in Buddhism and the contemporary mind; the scientific perspective of Buddhist concepts of the development of body, mind, and spirit; Buddhism and psychotherapy; and practical applications of Buddhism in contemporary life.

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