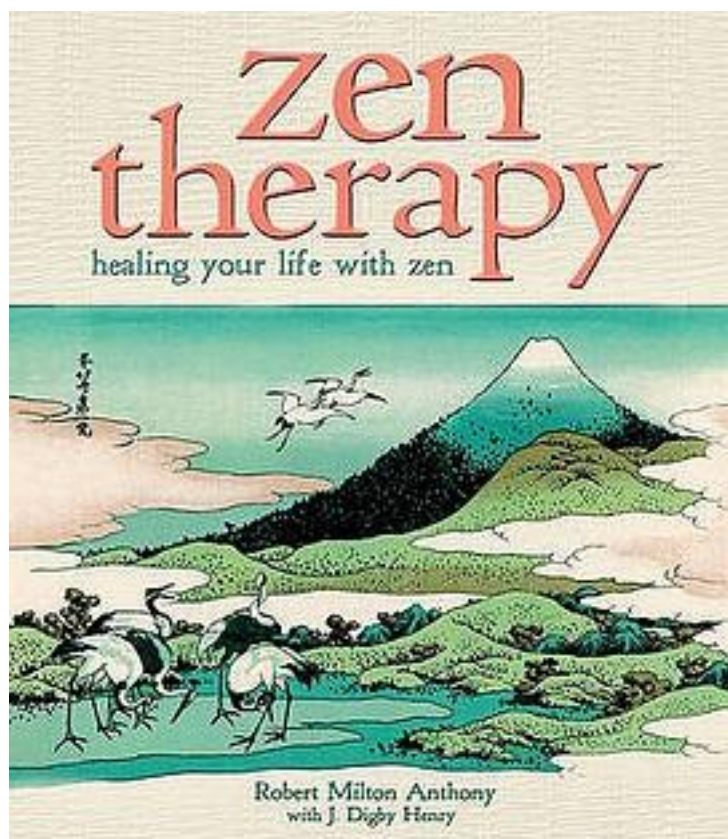


# Zen Therapy



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著者:Brazier, David

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"A potent source of inspiration for anyone interested in the therapeutic potential of Buddhism. David Brazier writes with clarity and authority about the Zen way."—Mark Epstein, M.D. author of *Thoughts Without a Thinker: Psychotherapy from a Buddhist Perspective*. "Comprehensive and readable . . . should appeal to anyone broadly interested in Buddhism."—Helen Sieroda psychosynthesis psychotherapist. In this book, psychotherapist David Brazier offers readers in the West a fresh perspective on

Buddhist psychology and demonstrates how Zen Buddhist techniques are integrated into psychotherapy. Writing from the viewpoint of a Western psychotherapist, Dr. Brazier successfully demystifies Buddhist psychology, explains the conceptual foundations of Buddhist thought, and with the help of vivid case studies, clearly demonstrates how a Buddhist approach can provide a practical path to personal growth.

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