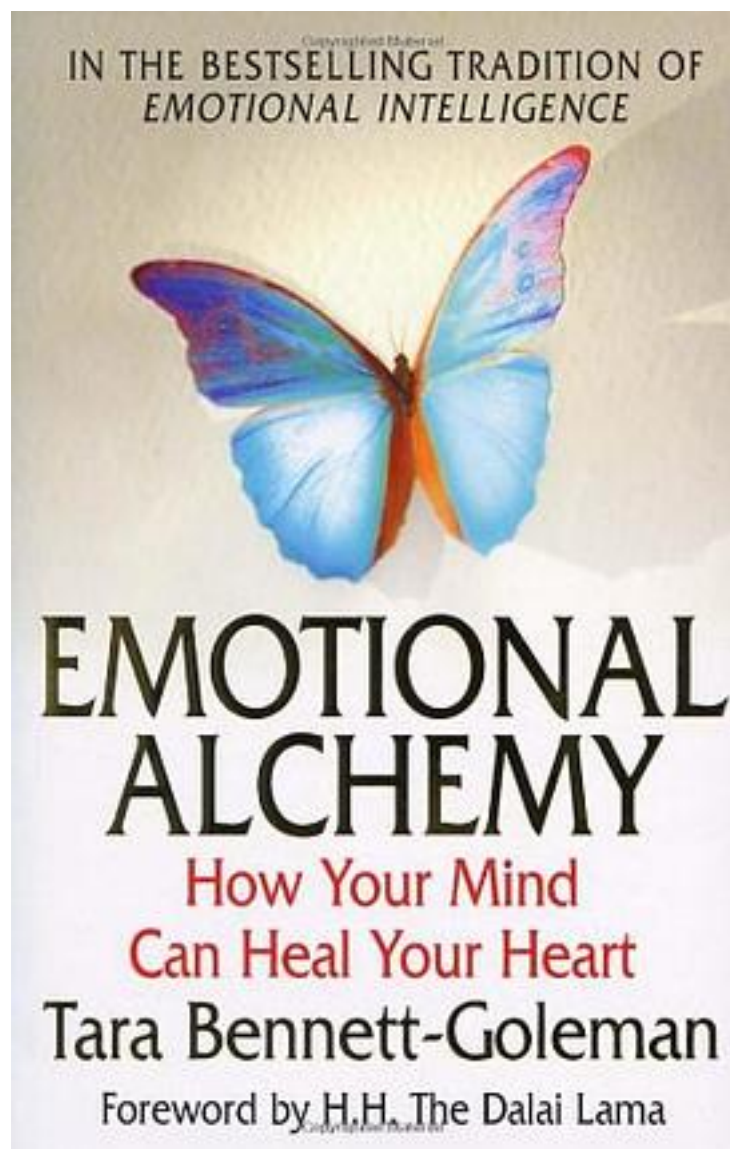


Emotional Alchemy



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著者:Tara Bennett-Goleman

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The major book on the use of the mind to manage difficult emotions Alchemists sought to transform lead into gold. This book shows how we similarly all have the natural ability to turn the lead of our confused minds into the gold of insightful clarity. Tara Bennett shows how we can learn to see ourselves as we really are and thus learn to disengage from those emotional patterns that undermine our lives. Drawing on the latest research into cognitive science and neuroscience with ancient principles of Buddhist psychology, this profound yet very practical book shows how the mind can heal the very heart of our being.

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