

Buddhism For Couples A Calm Approach To Relationships

Love Hurts Lodro Rinzler 2016-12-13 Buddhist-inspired advice for working through romantic breakups and other painful emotional periods—by the best-selling author of *The Buddha Walks into a Bar...* Buddhism has a lot to say about suffering—and there are likely few times we suffer more intensely than when we break up with a romantic partner. It feels like you may never recover sometimes. But Lodro Rinzler has wonderfully good news for those suffering heartbreak: the 2,500-year-old teachings of the Buddha are the ultimate antidote for emotional pain. And you don't need to be a Buddhist for them to apply to you. In this short and compact first-aid kit for a broken heart, he walks you through the cause and cure of suffering, with much practical advice for self-care as you work to survive a breakup. The wisdom he presents applies to any kind of emotional suffering. It's a great, practical offering of consolation for someone you know who's going through a tough time, and for yourself when you're looking for the light at the end of the tunnel in your own situation.

Every Breath You Take Rose Elliot 2016-11-17 Mindful breathing is simple, direct and easy to learn, it is simply using your breath as a focus or a tool for mindfulness. If you can breathe you can be mindful and once you master this you can access it at any point, wherever you are day or night. Following on from the hugely successful *I Met A Monk*, Rose Elliot, renowned vegetarian chef and proponent of mindfulness gently leads the reader on a journey that starts with the teachings of the Buddha on a moonlit evening. In its re-telling she reveals the techniques and teachings of the Buddha, that are as valid today as they were two and a half thousand years ago on mindful breathing. Be kinder to yourself and to others *Every Breath You Take* brings a fresh approach to mindfulness that will inspire anyone who hasn't tried it and will bring new life to the practice of those who have. Both practical, personal and inspirational this book will give you the tools and exercises you need to be able to understand and use mindful breathing every day of your life.

The Complete Buddhism for Mothers Sarah Naphthali 2011 Sarah Naphthali takes us on a journey through the challenges (and the pleasures) of raising children, using Buddhist teachings and principles to help her answer the eternal questions of mothers everywhere: Who am I now? Where am I going? And how can I do my best by my children and myself?

Living By Zen: Timeless Truths for Everyday Life 2016-11-01 Discover the 2,000 Year Old Zen Secret of Feeling Calm, Balanced and Positive, No Matter what's Going On In Your Life. In this book you will discover ways to dissolve stress and anxiety, and find true calm, relaxation and peace of mind. You will discover some of the things that steal your peace of mind and learn new ways of handling them. You will dissolve popular myths about mental health, see why they're wrong and how it's easy to turn around the way you feel and live a fulfilling life right now. There's no need to constantly build strategies and figure out what to do, and it's a mistake to try to change and manage everyone in sight. This book will show you a completely different approach to living, one that will make you and those around you feel brand new. Praise for Dr. Brenda Shoshanna's books "Dr. Shoshanna's words are wonderful!" --Marianne Williamson "A powerful, potentially life-changing book." --Body & Soul "There's some good, solid advice here that just might help the lovelorn break some of their destructive patterns and connect the dots as to why true love is always passing them by." --St. Petersburg Times "In her book *Fearless*, Dr. Shoshanna provides a refreshingly simple 'Zen' approach to addressing the complicated subject of fear." --Lucinda Bassett "Shoshanna has some insightful things to say about anger in the family, in the workplace, at God and at destiny. This book can change the way you view yourself and others. It will help you give up grudges, stop blaming others and playing the victim." --Spirituality & Health "Readers searching for broader meaning will revel in Dr. Shoshanna's ability to weave together the basic tenets of relationship psychology

with the self-realization techniques of Zen practice.” --Publishers Weekly “This is relationship, samurai style...Shoshanna studied with the Zen masters Soen Nakagawa Roshi and Eido Shimano Roshi; the rigor of traditional monastic training shines through the spare language and format. Aspects of Zen training that can be controversial or confounding are presented matter-of-factly.... Shoshanna holds out the redemptive possibilities of practice.” --Tricycle Magazine “Dr. Shoshanna’s book has less to do with the mechanics of sitting and more to do with the realities of integrating Zen practice into real life. Shoshanna extends an empty and richly filled hand, offering both the sublime and the practical, which are one and the same in the Zen world. This is a highly recommended volume for beginners and new practitioners.” --Publishers Weekly “Dr. Shoshanna challenges us to let go of fantasies, expectations, fears and anticipation so we can be fully present to life. Her wisdom is genuine and deeply considered. Her book is well worth reading.” --Spiritual Parenting “If you are looking for a way to have happiness and still live in this world, you have come to the right book. Rarely do eloquent prose, gems of quotes, simple wisdom, and practical exercises come in one book: Zen Miracles offers all of these and more. Whatever your spiritual orientation, this is a book you will refer to for years to come.” --Lee Jampolsky, Ph.D. author of Healing Together, Healing the Addictive Mind, and The Art of Trust “This wonderful book brings East and West - and ancient and modern worlds - together and provides profound wisdom and guidance for anyone struggling with stress, anxiety, anger, fear or loneliness. Beautifully written, funny, warm and filled with unusual, wonderful exercises. A real miracle.” --Rabbi Gary Moskowitz Director of the Institute for Violence Prevention “With her warm and compassionate style, Dr. Shoshanna exhibits the unique ability to explain even the most difficult ideas in understandable terms. This book is a must for anyone seeking the secrets for attaining a balanced life and true peace of mind.” --Lewis Harrison Director of the Academy of Natural Healing

Buddhist Economics Clair Brown 2017-02-21 In the tradition of E. F. Schumacher's Small Is Beautiful, renowned economist Clair Brown argues persuasively for a new economics built upon equality, sustainability, and right living. "Buddhist Economics will give guidance to all those who seek peace, fairness, and environmental sustainability." -Jeffrey Sachs, author of The Age of Sustainable Development. Traditional economics measures the ways in which we spend our income, but doesn't attribute worth to the crucial human interactions that give our lives meaning. Clair Brown, an economics professor at U.C. Berkeley and a practicing Buddhist, has developed a holistic model, one based on the notion that quality of life should be measured by more than national income. Brown advocates an approach to organizing the economy that embraces rather than skirts questions of values, sustainability, and equity. Complementing the award-winning work of Jeffrey Sachs and Bill McKibben, and the paradigm-breaking spirit of Amartya Sen, Robert Reich, and Thomas Piketty, Brown incorporates the Buddhist emphasis on interdependence, shared prosperity, and happiness into her vision for a sustainable and compassionate world. Buddhist economics leads us to think mindfully as we go about our daily activities, and offers a way to appreciate how our actions affect the well-being of those around us. By replacing the endless cycle of desire with more positive collective activities, we can make our lives more meaningful as well as happier. Inspired by the popular course Professor Brown teaches at U.C. Berkeley, Buddhist Economics represents an enlightened approach to our modern world infused with ancient wisdom, with benefits both personal and global, for generations to come.

Buddhism for Couples Sarah Naphthali 2017-01-01 Every now and then - not very often - we meet a woman who has mastered the art of being in a couple, who has managed to keep the flame alive long after the honeymoon period and well into the trials of parenting. Sarah Naphthali is not one of these women but is happy for readers to learn from her mistakes. With her trademark emphasis on self-compassion, she explains how she has applied Buddhist teachings to patch things up, hold things together and even, on good days, scale the heights of relationship happiness. Written for both men and women, Buddhism for Couples tackles the loaded subjects of housework, anger, sex, conflict and infidelity, before introducing Buddhist strategies that can enrich a relationship. Applying Buddhist teachings can improve our relationship by guiding us to delve more deeply into our

psyches. Through mindfulness and ever-growing self-awareness, the teachings help us to become more familiar with the workings of our minds and bodies, more aware of our thoughts and beliefs, so that we can see our behaviours with more clarity. Alongside Buddhist teachings, Sarah explores the latest psychological research on relationships and discovers numerous overlaps. Humorous and informative, Buddhism for Couples provides a fresh approach to living as a couple, persuading us to leave behind stale, habitual ways of relating that don't seem to work.

The Heart of Compassion Dalai Lama XIV Bstan-'dzin-rgya-mtsho 2002 The Dalai Lama guides readers step by step to an understanding of the human condition and how one can act to achieve a higher fulfillment than pure worldly enjoyment.

The Healing Power of Loving-Kindness Tulku Thondup 2021-02-16 From the author of The Healing Power of Mind, an accessible guide to Tibetan Buddhist loving-kindness meditation--with downloadable guided meditations. All Buddhist traditions teach that the practice of loving-kindness can transform our lives. Here, Tulku Thondup offers a step-by-step guide to a Tibetan Buddhist approach to loving-kindness meditation, which focuses on connecting to Avalokitesvara, the bodhisattva of compassion. Dividing the practice into twelve simple steps, this book provides everything readers need to uncover their innate joy and compassion. The accompanying downloadable audio program guides meditators through the steps of visualizing Avalokitesvara, generating devotion to the ideals he embodies, and radiating loving-kindness to all beings in the universe.

The Positive Psychology of Buddhism and Yoga Marvin Levine 2000-05-01 In a manner never before published, this book presents both Buddhism and Yoga and relates them to contemporary Western psychology. Although existing books begin with advanced concepts, such as emptiness or egolessness, The Positive Psychology of Buddhism and Yoga begins with very basic concepts and avoids the exotic and so called "mystical" notions. Levine emphasizes the goals of Buddhism and Yoga and the methods they employ to achieve those goals. This book is divided into four sections. The first deals with Buddhism, the second with Yoga, and the third describes aims and practices in Western clinical psychology. The fourth section is a workshop on handling anger. The central lesson of the first three sections is that one can improve one's life by changing one's self. This fourth section applies this lesson and the methods of the three preceding sections to handling one's own anger. Overall the book is rich with Eastern tales and illustrative anecdotes. These concrete examples vividly illuminate the general conceptual presentation. Levine shows not only the basic concerns of Buddhism and Yoga and how intensely practical their methods are but how these concerns and methods relate to those of modern Western psychology. Application to daily living is emphasized throughout. The serious reader should start: *to experience less anger, agitation, and stress; *to improve relationships with coworkers, family, and friends; and *to face life's challenges with greater wisdom and strength.

Buddhism Plain and Simple Steve Hagen 2011-06-21 Buddhism Plain and Simple offers a clear, straightforward treatise on Buddhism in general and on awareness in particular. When Buddha was asked to sum up his teaching in a single word, he said, "Awareness." The Buddha taught how to see directly into the nature of experience. His observations and insights are plain, practical, and down-to-earth, and they deal exclusively with the present. Longtime teacher of Buddhism Steve Hagen presents the Buddha's uncluttered, original teachings in everyday, accessible language unencumbered by religious ritual, tradition, or belief.

Buddhism for Mothers of Young Children Sarah Naphthali 2010-10-19 "A combination of personal narrative and stories gathered from mothers, this guide shows how spiritual and mindful parenting can help all mothers: Buddhists and non Buddhists, be more open, attentive, and content. By guiding mothers on a spiritual path, this evocation also helps them cultivate wisdom, open-heartedness, and a better understanding of themselves and their children. The Buddhist teachings and principles help answer questions that all mothers face, especially those with young children: Who are my children? Who am I? How can I do my best by my children and myself? What to do about all that housework? Written in a clear and engaging style, this warm and simple meditation facilitates parenting with awareness, purpose, and love."--Global Books in Print.

Toward a Psychology of Awakening John Welwood 2002-02-12 How can we connect the spiritual realizations of Buddhism with the psychological insights of the West? In *Toward a Psychology of Awakening* John Welwood addresses this question with comprehensiveness and depth. Along the way he shows how meditative awareness can help us develop more dynamic and vital relationships and how psychotherapy can help us embody spiritual realization more fully in everyday life. Welwood's psychology of awakening brings together the three major dimensions of human experience: personal, interpersonal, and suprapersonal, in one overall framework of understanding and practice.

Buddhism for Mothers of Schoolchildren Sarah Naphthali 2017-01-01 With her children at school, a mother is on to a new stage of her life, playing a new role. The daily challenges she confronts have changed, yet for each one Buddhist teachings of mindfulness, compassion and calm are invaluable. This book explores those teachings through many scenarios, including coping with routine and repetition, answering children's tricky questions about how the world works, fitting in with other parents, managing our fears and expectations for our children and dealing with difficult behaviour in both children and adults.

Buddhism for Mothers Sarah Naphthali 2017-01-01 Parenthood can be a time of great inner turmoil for a woman, yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different. It is a book for mothers. *Buddhism for Mothers* encourages mothers to gain the most joy out of being with their children. How can this be done calmly and with a minimum of anger, worry and negative thinking? How can mothers negotiate the changed conditions of their relationships with partners, family and even with friends? Using Buddhist practices, Sarah Naphthali offers coping strategies for the day-to-day challenges of motherhood that also allow space for deeper reflection about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering *Buddhism for Mothers* can help you shift your perspective so that your mind actually helps you through your day rather than dragging you down. This is Buddhism at its most accessible, applied to the daily realities of ordinary parents.

Most Intimate Roshi Pat Enkyo O'Hara 2014-03-11 For Roshi Pat Enkyo O'Hara, intimacy is what Zen practice is all about: the realization of the essential lack of distinction between self and other that inevitably leads to wisdom and compassionate action. She approaches the practice of intimacy beginning at its most basic level—the intimacy with ourselves that is the essential first step. She then shows how to bring intimacy into our relationships with others, starting with those dearest to us and moving on to those who don't seem dear at all. She then shows how to grow in intimacy so that we include everyone around us, all of society, the whole world and all the beings it contains. Each chapter is accompanied by practices she uses with her students at the Village Zendo for manifesting intimacy in our lives.

How To Love Thich Nhat Hanh 2016-07-07 *How to Love* is part of a charming series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practise. *How to Love* shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. Nhat Hanh brings his signature clarity, compassion and humour to the thorny question of how to love and distils one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; and deep listening and loving speech are key ways of showing our love.

Mindful Therapy Thomas Bien 2006-02-17 Welcome and much-needed addition to the literature for psychotherapists, therapists-in-training, and occupational therapists and other types of teachers. *Mindful Therapy* offers to them ways to bring the teachings of Buddhism into a psychotherapeutic practice - and a thorough explanation of the benefits of doing so. The book will be of value to therapists of every variety, in the way that *Medicine and Compassion*, while molded for caregivers in general, was applauded by medical journals. Author Tom Bien offers an energizing an expansive perspective. Grounded in his understanding of Buddhist teachings, his book suggests a model of integration of particular

value to beginning therapists or those still in training, offering ways in which the therapist can mindfully care for themselves amid the challenges of their practice. Tools useful to clients, as well, are discussed. Bien sees therapists as practicing in the ancient traditions of various healers of spirit, whose greatest skill and gift to others is, above all, the mindful presence. Mindful Therapy is comprised of a useful, highly-readable balance of theoretical groundwork, personal experience, case studies, and practice exercises.

True Love Thich Nhat Hanh 2011-10-11 The renowned Zen master and peace activist introduces a Buddhist approach to practicing authentic love in our everyday lives In this eye-opening guide, Zen monk Thich Nhat Hanh offers timeless insight into the nature of real love. With simplicity, warmth, and directness, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom—explaining how to experience them in our day-to-day lives. He also emphasizes that in order to love in a real way, we must first learn how to be fully present in our lives, and he offers simple techniques from the Buddhist tradition that anyone can use to establish the conditions of love. Thich Nhat Hanh, a Vietnamese Zen Buddhist monk, is an internationally known author, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Martin Luther King Jr.

Sadness, Love, Openness Chokyi Nyima Rinpoche 2018-07-03 A direct, pithy, and accessible guide to the entire path of Tibetan Buddhism by one of the most beloved and respected contemporary lamas. Accessible, playful, and genuine, this concise guide shows how we can incorporate our own daily experiences into our spiritual path and awaken to how things truly are. By embracing sadness, love, and openness in our lives, we develop an altruistic attitude to help all beings who suffer and to reduce our own greed and aggression. This easy-to-read manual by one of the most widely loved and respected Tibetan Buddhist teachers of our time teaches us how to honestly explore and deal with our own hang-ups and neuroses. Through knowing our own true nature as aware and compassionate, we can progress, step-by-step, on the Buddhist path and use Rinpoche's pithy wisdom along the way as a touchstone. Chokyi Nyima Rinpoche's fresh and engaged approach to timeless Buddhist wisdom enables us to deeply connect with authentic teachings in a modern context. This work is a delight and inspiration to read, outlining the major teachings and practices of Buddhism in a succinct way.

Love Letter to the Earth Thich Nhat Hanh 2013-06-17 While many experts point to the enormous complexity in addressing issues ranging from the destruction of ecosystems to the loss of millions of species, Thich Nhat Hanh identifies one key issue as having the potential to create a tipping point. He believes that we need to move beyond the concept of the "environment," as it leads people to experience themselves and Earth as two separate entities and to see the planet only in terms of what it can do for them. Thich Nhat Hanh points to the lack of meaning and connection in peoples' lives as being the cause of our addiction to consumerism. He deems it vital that we recognize and respond to the stress we are putting on the Earth if civilization is to survive. Rejecting the conventional economic approach, Nhat Hanh shows that mindfulness and a spiritual revolution are needed to protect nature and limit climate change. *Love Letter to the Earth* is a hopeful book that gives us a path to follow by showing that change is possible only with the recognition that people and the planet are ultimately one and the same.

Beyond Distraction Shaila Catherine 2022-05-03 Learn how to overcome distraction in meditation practice and develop clarity in your relationships, work, and activities with this new guide from a beloved meditation teacher. The mind can be a potent tool, used to guide extraordinary achievements, inspire good works, and incline your spiritual path toward peace and awakening. But the mind can also produce thoughts that lead to suffering. For many people, thoughts run rampant and seem to oppress or control their lives. Even the Buddha tells us that before his enlightenment, he sometimes found his mind preoccupied by thoughts connected with sensual desire, ill will, and harm. But he figured out how to respond to thoughts skillfully and developed a step-by-step approach to calm the restless mind. Now, Insight Meditation teacher Shaila Catherine offers an accessible approach to

training the mind that is guided by the Buddha's pragmatic instructions on removing distracting thoughts. Drawing on two scriptures in the Middle Length Discourses of the Buddha, Shaila shows you how to overcome habitual modes of thinking, develop deeper concentration, and discover the insights into emptiness that are vital for a liberating spiritual path. Following the Buddha's pragmatic approach, Shaila guides you through five steps for overcoming distraction and focusing the mind: 1. Replace unwholesome thoughts with wholesome thoughts. For example, if you find yourself thinking thoughts of ill will toward a person, try thinking instead of their good qualities as an antidote. 2. Examine the dangers of distracting thoughts. Weigh the costs of allowing thoughts of ill will, lust, greed, and so forth to obsess your mind. The costs of dwelling on distracting thoughts nearly always outweigh any supposed benefits. 3. Avoid it, ignore it, forget it. Develop the skill to turn your attention away from habitual distractions. Remove the fuel and let the fires of distraction die out. 4. Investigate the causes of distraction. By understanding the conditions that perpetuate habitual thoughts, you can learn to free yourself from those patterns. 5. Apply determination and resolve. Supported by wisdom, you can make a firm decision to stop dwelling on patterns of thought that are not supporting your deepest values and goals in life. Each chapter includes exercises and reflections to help you cultivate the five steps to deeper concentration. You'll learn about your mind and develop your ability to direct your attention more skillfully in meditation and daily activities. And ultimately, you'll discover for yourself how these five steps boil down to one key realization: In the moment you recognize that a thought is just a thought, you will find yourself on the path to a life of remarkable freedom.

Flowers in the Dark Sister Dang Nghiem 2021-01-26 "Profound and hopeful . . . Sister Dang Nghiem integrates the neuroscience of trauma, effective treatments, and mindfulness training. Highly recommended." —Rick Hanson, PhD, author of Buddha's Brain Learn the accessible and deeply compassionate practices for healing trauma, known as the Five Strengths of applied Zen Buddhism. More than a philosophy, these body-based practices are backed by modern neuroscience research, and they can be applied by anyone suffering from trauma to begin experiencing relief. Mindfulness teacher Sister Dang Nghiem, MD, is an inspiration for anyone who has ever suffered from abuse, life-changing loss, severe illness, or the aftermath of war. In *Flowers in the Dark*, she brings together her lived experience as a survivor, certified MD, and ordained Buddhist teacher to offer a body-based, practical approach to healing from life's most difficult and painful experiences. Offering insights from Buddhist psychology and simple somatic practices for tapping into our Five Strengths—our inner faculties of self-trust, diligence, mindfulness, concentration, and insight—Sister Dang Nghiem's approach to trauma is radically accessible; it begins with awareness of our breathing. With each chapter containing a progression of guided reflections and exercises, this book can be read as an adjunct to therapy and a helpful guide for moving through trauma in the body. With the practice of mindfulness, we can access our strength as survivors and our joy in being alive.

Buddhist Boot Camp Timber Hawkeye 2013-02-19 Buddhism is all about training the mind, and boot camp is an ideal training method for this generation's short attention span. The chapters in this small book can be read in any order, and are simple and easy to understand. Each story, inspirational quote and teaching offers mindfulness-enhancing techniques that anyone can relate to. You don't need to be a Buddhist to find this book motivational. As the Dalai Lama says, "Don't try to use what you learn from Buddhism to be a Buddhist; use it to be a better whatever-you-already-are." Whether it's Mother Teresa's acts of charity, Gandhi's perseverance, or your aunt Betty's calm demeanor, it doesn't matter who inspires you, so long as you're motivated to be better today than you were yesterday. Regardless of religion or geographical region, race, ethnicity, color, gender, sexual orientation, age, ability, flexibility, or vulnerability, if you do good, you feel good, and if you do bad, you feel bad. If you agree that Buddhism isn't just about meditating, but also about rolling up your sleeves and relieving some of the suffering in the world, then you are ready to be a soldier of peace in the army of love; welcome to Buddhist Boot Camp!

FEAR-LESS NOW Ingrid Bacci, Ph.D. 2012-05-25 Your life may travel many different paths, but it has only one true purpose. At the deepest level,

your purpose is to find freedom, a way of being in which you feel simultaneously peaceful, powerful, happy, and productive. Yet if you are like most human beings, you may find that achieving this purpose seems to elude you. You look for it in different directions, only to find that it is not there. Despite your best efforts, you may still harbor anxiety, fear, anger, restlessness, or frustration. If so, you are like most of us. Why do we have such a difficult time creating the serenity, strength, and love that we all desire? *Fear-Less Now* proves unequivocally that the problem that keeps us from our own most cherished goal lies in the way our minds and hearts function, and not in our external circumstances. It also offers you a simple yet profound process for attaining what you really want. By systematically applying the tools of daily living recommended in this book, you can build the balance, serenity, and centeredness you desire. You can be the master of your self-liberation.

FIDELITY Thich Nhat Hanh 2021-10-10 In his first ever book on intimacy and healthy sexuality, Zen master Thich Nhat Hanh teaches us how to love our partners and nurture our relationships and how to walk the path of love past anger and disappointments while practising gratitude and appreciation. Written in a lucid style and filled with simple mindfulness exercises, *Fidelity: How to Create a Loving Relationship that Lasts* is a manual to finding enduring and healthy intimacy in our relationships. Thich Nhat Hanh's first ever book on intimacy and healthy sexuality, *Fidelity* is a guide to creating loving and lasting relationships. The book combines Thich Nhat Hanh's teachings with practical mindfulness exercises to practice gratitude and appreciation in nurturing relationships. Thich Nhat Hanh is the world's best-known Zen Buddhist teacher and the bestselling author of numerous books on mindful living.

The Guide to Compassionate Assertiveness Sherrie Vavrichek 2012-08-01 Speaking up for yourself has benefits, but it has costs, too. Many people who struggle with assertiveness are paralyzed by worries that they'll seem mean, petty, or that they will hurt the other person's feelings. Even though they want to speak up, they may keep their true needs and opinions to themselves because of these fears—eventually building stress, resentment, and alienation. *The Guide to Compassionate Assertiveness* does not require that readers ignore the needs of others and focus solely on their own desires. Rather, this unique blend of cognitive behavioral therapy-based assertiveness training and Buddhist psychology helps readers practice assertiveness skills while caring deeply about the welfare of others. This book helps readers develop a form of assertiveness that emphasizes collaboration, negotiation, and compromise. It focuses on speaking up for the benefit of others and speaking up for the relationship, not just one's own needs. In this way, readers learn to assert their needs in ways that match their compassionate value systems. This book is the ideal assertiveness guide for those who are afraid of rejection, have a deep concern for how others perceive them, often feel judged by others, or have difficulty expressing their feelings and needs. Readers learn to apply assertiveness skills in all domains of their lives, including in romantic relationships, as parents, at work, and in social settings.

Mindfulness and Psychotherapy Christopher K. Germer 2005-03-09 Responding to growing interest among psychotherapists of all theoretical orientations, this practical book provides a comprehensive introduction to mindfulness and its clinical applications. The authors, who have been practicing both mindfulness and psychotherapy for decades, present a range of clear-cut procedures for implementing mindfulness techniques and teaching them to patients experiencing depression, anxiety, chronic pain, and other problems. Also addressed are ways that mindfulness practices can increase acceptance and empathy in the therapeutic relationship. The book reviews the philosophical underpinnings of mindfulness and presents compelling empirical findings. User-friendly features include illustrative case examples, practice exercises, and resource listings.

Little Buddhas Vanessa R. Sasson 2013 Edited by Vanessa R. Sasson, *Little Buddhas* brings together a wide range of scholarship and expertise to address the question of what role children have played in Buddhist literature, in particular historical contexts, and their role in specific Buddhist contexts today.

Buddha's Brain Rick Hanson 2011-07-13 Jesus, Moses, Mohammed, Gandhi, and the Buddha all had brains built essentially like anyone else's, yet they were able to harness their thoughts and shape their patterns of thinking in ways that changed history. With new breakthroughs in modern neuroscience and the wisdom of thousands of years of contemplative practice, it is possible for us to ...

Fearless Death Lama Ole Nydahl 2013-05-01

Three Steps to Awakening Larry Rosenberg 2013-12-03 The deceptively simple three-phase method presented here is a meditation practice that can be worked with for a lifetime. Larry Rosenberg looks to Zen, to Insight Meditation, and to the teachings of J. Krishnamurti to find three kinds of meditation that anyone can do and that complement each other in a wonderful way: (1) breath awareness, (2) breath as anchor, and (3) choiceless awareness. Having the three methods in one's repertoire gives one meditation resources for any life situation. In a time of stress, for example, one might use breath awareness exclusively. Or on an extended retreat, one might find choiceless awareness more appropriate. The three-step method has been taught to Larry's students at the Cambridge Meditation Center in Cambridge, Massachusetts, for many years. After teaching the three-step method, Larry goes on to show how to bring the awareness gained in meditation to the world off the cushion, into relationships and into all areas of daily life.

Practicing Mindfulness Jerry Braza 2020-10-06 Thousands of readers--from prisoners to priests--have embraced Jerry Braza's insights in this book, adopting and integrating the mindful practices and habits it presents. This new edition expands on the author's time-tested approach, introducing in-the-moment thinking and techniques for achieving clarity, focus and energy to a new generation of readers. Given the current uncertainty and changes throughout the world, all types of readers will find this guide to be useful--from those practicing mindfulness for the first time to meditation veterans. This practical guide to mindfulness contains reflections, actions and practices that will help you to: Reduce anxiety and stress Calm and quiet the mind Transform negative feelings and habits Intensify personal connections and relationships Heighten productivity and concentration Address unresolved emotional issues and traumas Discover the power of contemplative practice This interactive book models best practices then invites the reader to participate through a Mindfulness Test, guided meditations, daily reflections and rituals, and thought-provoking and challenging questions and prompts to set readers on the path to more mindful living. Practicing mindfulness means performing all activities consciously. This awareness enables us to become more fully alive in each moment, enjoy more abundance, and avoid the stress and guilt that have been written into our habits. Based on the author's Mindfulness Training Program, Braza uses this book to gently provide simple exercises for applying these practices to our daily lives.

Idiot's Guides: Buddhism, 3rd Edition Gary Gach 2009-06-02 Reach Your Zen Moment! The latest edition of The Complete Idiot's Guide® to Buddhism updates one of Alpha Books's most successful books in the religion/spirituality category, providing extensive information on both understanding the teachings and schools of Buddhism and incorporating the tenets of Buddhism into everyday life. It also includes additional information on Buddhism's effect on popular arts and sciences, the continuing relevance of the Dalai Lama, and an annotated bibliography. - With Buddhism as one of America's fastest growing religions, the audience continues to renew itself - Covers all four schools of Buddhism: Zen, Tibetan, Pure Land, and Insight Meditation, which are not in competitors' books - For thousands of years, Buddhism has been a source of inner peace and security for millions Download a sample chapter.

Real Love Sharon Salzberg 2017-06-01 In Real Love, one of the world's leading authorities on love tells us how to find it, how to nurture it, how to honor it—and most of all how to rethink it ... This book has the power to set your heart at peace.' —Susan Cain, author of Quiet What is love? Sharon Salzberg believes that love is a powerful healing force for us all, and that modern associations with romance and adoration are limiting. By redefining

love, she helps us to recognize our desire for happiness and enhance our connections with each other. Real Love is a creative toolkit of mindfulness exercises and meditation techniques that can help you to truly engage with your present experience and create deeper love relationships - with yourself, your partner, friends and family, and with life itself. The book encourages us to strip away layers of negative habits and obstacles and to improve deeper connections, helping us to experience authentic love based on direct experience, rather than preconceptions.

Modern Buddhism: The Path of Compassion and Wisdom - Volume 1 Sutra Geshe Kelsang Gyatso 2011-01-01 Introduction and Encouragement This eBook Modern Buddhism - The Path of Compassion and Wisdom, in three volumes, is being distributed freely at the request of the author Geshe Kelsang Gyatso. The author says: "Through reading and practicing the instructions given in this book, people can solve their daily problems and maintain a happy mind all the time." So that these benefits can pervade the whole world, Geshe Kelsang wishes to give this eBook freely to everyone. We would like to request you to please respect this precious Dharma book, which functions to free living beings from suffering permanently. If you continually read and practice the advice in this book, eventually your problems caused by anger, attachment and ignorance will cease. Volume 1 Sutra explains how to practise basic Buddhist compassion and wisdom in daily life. Covering topics such as What is Buddhism?, Buddhist Faith, The Preciousness of our Human Life, What does our Death Mean?, What is Karma?, The Four Noble Truths & Training in Love and Compassion, this volume shows how we can transform our lives, improve our relationships with others and look behind appearances to see the way things really are. Please enjoy this special gift from Geshe Kelsang Gyatso, who dedicates: "May everyone who reads this book experience deep peace of mind, and accomplish the real meaning of human life." With best wishes, Manuel Rivero-De Martine Tharpa Publications, UK Tharpa Director info@emodernbuddhism.com

Zen Training Katsuki Sekida 2005-09-13 Zen Training is a comprehensive handbook for zazen, seated meditation practice, and an authoritative presentation of the Zen path. The book marked a turning point in Zen literature in its critical reevaluation of the enlightenment experience, which the author believes has often been emphasized at the expense of other important aspects of Zen training. In addition, Zen Training goes beyond the first flashes of enlightenment to explore how one lives as well as trains in Zen. The author also draws many significant parallels between Zen and Western philosophy and psychology, comparing traditional Zen concepts with the theories of being and cognition of such thinkers as Heidegger and Husserl.

The Complete Idiot's Guide to Zen Living Eve Adamson 2000-12-11 As an adult who leads a busy life, you have to deal with the stresses of home, work, and family. The Buddhist idea of Zen seeks to help you reduce stress so that you can remain calm when conflicts arise. This book begins with the basics, telling you what Zen is and how you can use it to deal with the situations that come up in your fast-paced life.

A Monk's Guide to Happiness Gelong Thubten 2019-06-13 As featured on the Deliciously Ella podcast _____ The Sunday Times bestseller We're all on a search for happiness, but we're looking in the wrong places. Everyone looks externally to find contentment, we think material possessions will unlock our happiness. A Monk's Guide to Happiness explains how and why we need to look within, and connect to our true essence, in order to find peace. Everyone has the potential to be happy, after all, we're all 'hardwired' for happiness. But how do we get there? By meditating. Not just in the morning, but throughout the day by introducing micro moments so we never drop the mindfulness ball, even when we're busy. Meditation is more than just a stress-reduction tool or a relaxation therapy, it is the key to finding long-lasting happiness. Gelong Thubten, a Buddhist monk who has worked with everyone from Silicon Valley entrepreneurs to Ruby Wax and Benedict Cumberbatch, explores the theme of happiness in his debut book and explains how to bring meditation into our busy 21st century lives with simple exercises.

The Compassionate Mind Approach to Reducing Stress Maureen Cooper 2013-09-19 Stress is an unavoidable part of life that we will all encounter at various times in our lives, be it due to a one-off event such as losing a job or the break-up of a relationship, or from facing long-term difficulties such

as working in a stressful environment or caring for someone who is ill. How well we deal with stress will influence the extent to which it affects our lives. In this ground-breaking book, Maureen Cooper explains why we are designed to respond to stress in a certain way and why this can even be helpful at times. She goes on to explain, using practical examples and techniques, what we can do to change our stress response if it becomes overstimulated, thereby improving our sense of control and wellbeing. This self-help book is based on the Compassionate Mind Approach, which has been developed by Professor Paul Gilbert, a clinical psychologist who is internationally renowned for his research and clinical work on depression. The Compassionate Mind Approach combines proven, research-based Western therapy techniques such as CBT with Mindfulness, Tibetan Buddhist practices and recent research on human development and studies of the brain.

Buddha's Bedroom Cheryl Fraser 2019-01-02 "Your guide to transcendent sex." —Ian Kerner, author of the New York Times bestseller, *She Comes First* In this playful and sexually savvy guide, "Dr. Cheryl" Fraser presents enlivening mindfulness exercises, techniques from couples and sex therapy, and the wisdom of Buddhist teachings to help you spark the passion and thrill you've been seeking in your relationship. With this book, couples can break free from the monotony of familiar routines and bring a little nirvana back to the bedroom for a more exciting, loving, and fulfilling connection. The beginning of a relationship is always thrilling—butterflies in the stomach; that sense that someone really gets you; that "love drunk," "walking on air" feeling. But as time goes by, and the tedium of daily life intervenes, you may find yourself too busy, tired, or just unmotivated to devote quality time and attention to the connection you crave. So, how do you uncover the passion and thrill you're longing for, and how can you make it last? Inside *Buddha's Bedroom*, you'll discover how the essential Buddhist teachings of mindfulness and awakening can be applied to your love life—showing that true passion absolutely is sustainable, if you're willing to shift your perspective. By exploring your deepest desires and expectations, and also learning to see your partner as they really are, without the need for them to change, you'll be able to create a deep and mindfully loving connection for a fabulous relationship. And with these spiritually scintillating tips and techniques, you'll have the keys to igniting and sustaining all the thrill, intimacy, and sensuality you seek.

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explores the platforms and strategies to ensure an enriching reading experience.

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