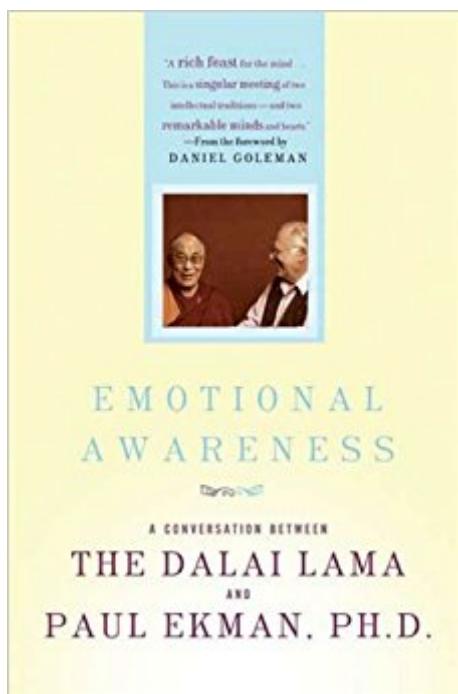


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# Emotional Awareness: Overcoming The Obstacles To Psychological Balance And Compassion



## Synopsis

Two leading thinkers engage in a landmark conversation about human emotions and the pursuit of psychological fulfillment. At their first meeting, a remarkable bond was sparked between His Holiness the Dalai Lama, one of the world's most revered spiritual leaders, and the psychologist Paul Ekman, whose groundbreaking work helped to define the science of emotions. Now these two luminaries share their thinking about science and spirituality, the bonds between East and West, and the nature and quality of our emotional lives. In this unparalleled series of conversations, the Dalai Lama and Ekman prod and push toward answers to the central questions of emotional experience. What are the sources of hate and compassion? Should a person extend her compassion to a torturer? "And would that even be biologically possible? What does science reveal about the benefits of Buddhist meditation, and can Buddhism improve through engagement with the scientific method? As they come to grips with these issues, they invite us to join them in an unfiltered view of two great traditions and two great minds. Accompanied by commentaries on the findings of emotion research and the teachings of Buddhism, their interplay "amusing, challenging, eye-opening, and moving" guides us on a transformative journey in the understanding of emotions.

## Book Information

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## **Customer Reviews**

Some interesting, enlightening insights. It's just that there seemed to be a lot of quibbling over vocabulary and concepts between the two men. Of course, this is expected with one representative of western and one of eastern thought. The book became much more positive toward the end, though. It is worth reading, but not one where I often found myself anxious to pick it up.

Simply, inspirational. Insightful and human. A lovely book, truly.

A read for anyone, anywhere, any time. Yes of course it is wonderful. read it over and over. it always offers help.

One of my top 5 favorite books of all time. Very practical, light humor, highly enlightening.

This is an amazing book that sheds some light on some of the buddhism, as it applies to phycology. both The Dahli Lama and Dr. Eckman are very insightful and opinionated. there were a number of questions that get good answers about how the mind works and processes emotion. This is a good book for Buddhists who want a insight from modern medicine on their practice. Also a good read for people who understand Phycology and want a to know what the whole Buddhist thing is about. Also it is a good read for anyone who is interested on how the mind works. it has some good food for thought, as well as does a good job of putting into words what is going on in our minds. Be warned though, It is in Interview style with short essays interwoven for clarity and as they apply. it takes a little getting use to, but it is well worth it. It is like sitting down and listening to two extremely intelligent people talk at a coffee shop and having the time to look stuff up you don't get.

I have been looking for someone who really would build a bridge between psychology and Buddhism. In many talks, people seem to draw similarities between buddhism and psycholgy but Paul ekman has brought to light both the similarities and differences. He asks straight questions to Dalai lama who answers with no-nonsense approach. The areas of Hatred, Mindfulness and compassion are explored in great depth. Paul Ekman is true scientist with sincere motivation to help

mental health realm by borrowing Buddhist concepts. He brings his own life experiences to light in the book which adds authenticity to the discussion. Psychology focuses mainly on psychopathology whereas Buddhism is for mainly geared for normal people seeking higher happiness. However there is lot of overlap and the books brings them to light. I wish Paul Ekman had shared more about his observation apart from the conversational style. Worth reading this interesting, open and lively discussion between honest and sincere people seeking truth.

Great book with deep advice on feelings and Buddhist way of thinking!!

Excellent

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