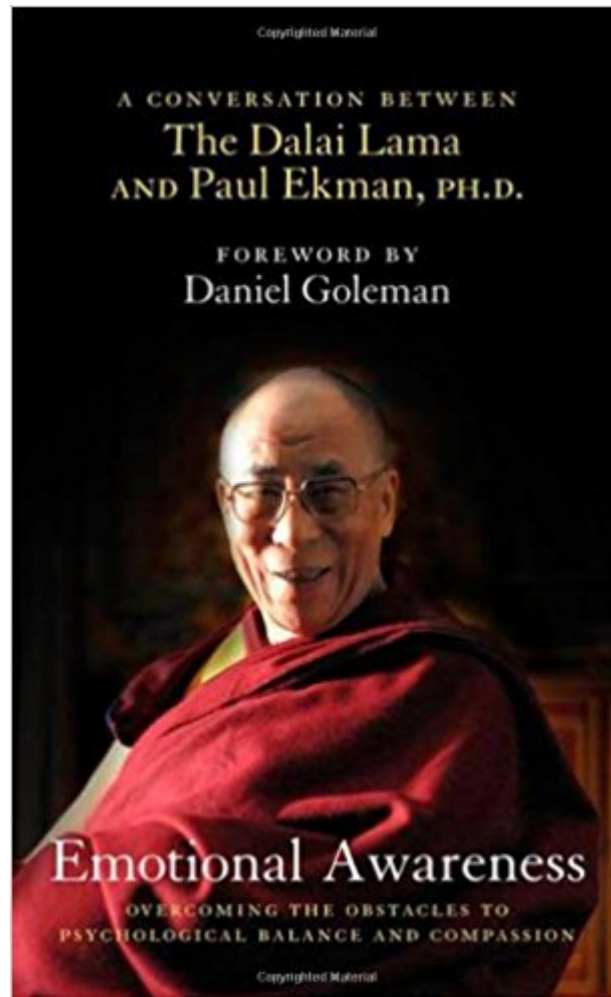


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# Emotional Awareness: Overcoming The Obstacles To Psychological Balance And Compassion



## 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

This is not my first rodeo, and by that I mean that I have read other books written by the Dalai Lama and someone else. So I knew it would basically be a dialog. I'll be honest—I had never heard of Paul Ekman before. I'm not a psychologist, and I have never taken a psychology course in college. I

purchased this book because of the Dalai Lama's name. I did look up Paul Ekman, and he's certainly made a name for himself. One critical review suggested that Ekman talked too much "that the book was mostly Ekman. This reviewer was only interested in what the Dalai Lama had to say. While it is true that Ekman does command much of the conversation, and it may seem a little one-side, he did come up with the agenda and questions. It's obvious that Ekman has studied and reflected upon these concepts himself. We should not discount what Ekman says simply because he is not the spiritual leader of Tibet. The whole point of their discussion was to blend science and Buddhist psychology" two very different approaches to similar concepts with a tremendous amount of overlap. From what I read, I felt Ekman was more than up to the task. I won't say that I was riveted" the book was not a page turner. Reading this book required concentration and reflection. It was hard to wrap my head around some of the Buddhist concepts, like the mindfulness as the Dalai Lama described it. The subtleties can be tricky. So, I read perhaps five to ten pages a day. I found the ideas interesting and relevant. When I was finished, I flipped through the pages only to realize how much pencil I used underlining and taking notes. The only negative point of the book" for me" was that I found the interspersal of short articles throughout the book distracting.

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