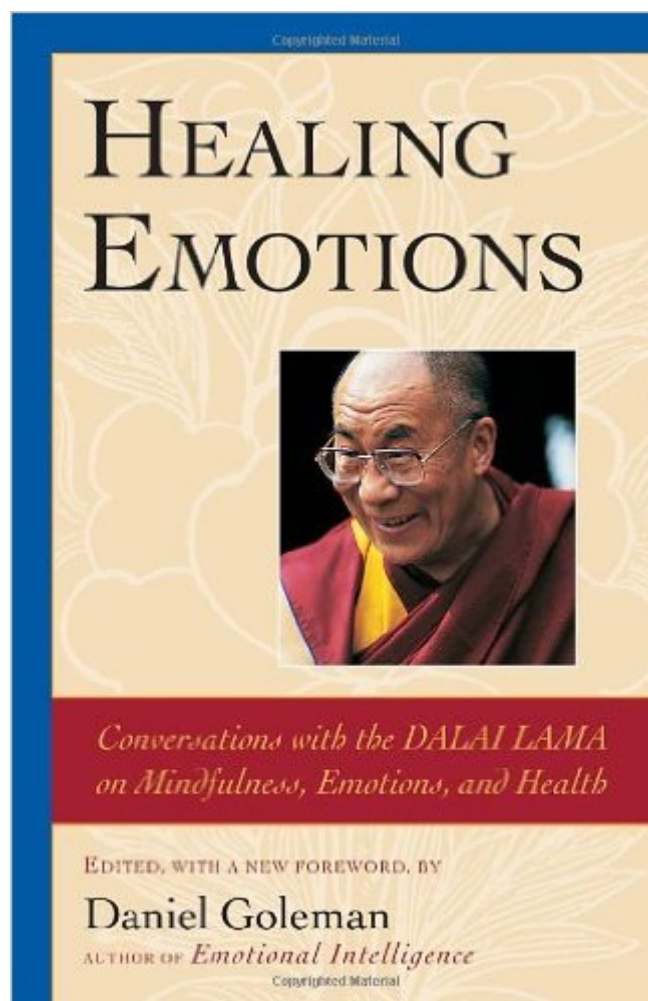


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# Healing Emotions: Conversations With The Dalai Lama On Mindfulness, Emotions, And Health



## Synopsis

Can the mind heal the body? The Buddhist tradition says yesâ ”and now many Western scientists are beginning to agree. *Healing Emotions* is the record of an extraordinary series of encounters between the Dalai Lama and prominent Western psychologists, physicians, and meditation teachers that sheds new light on the mind-body connection. Topics include: compassion as medicine; the nature of consciousness; self-esteem; and the meeting points of mind, body, and spirit. This edition contains a new foreword by the editor.

## Book Information

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## Customer Reviews

Dan Goleman has done it again. A highly readable book rooted in scientific research - just like his two books on Emotional Intelligence. Compared to other edited Mind and Life Conference books, this one describes the conversation in an extremely lively manner with explanations on Buddhist and scientific concepts presented as footnotes, and as a result making comprehension possible even with some abstract concepts unfamiliar to novice like me. The enthusiasm shown by Dr. Goleman in the ability of mind over body can be found throughout the book (especially in the chapter presented by him where H.H. the Dalai Lama commented "You've just given me a lot of ammunition). This is probably due to his own knowledge and keen interest in the Eastern psychology and meditation.

The work *Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and*

Health is from the 1990 Mind and Life Conference, sponsored by the Mind and Life Institute, an organization that fosters constructive dialogue between contemplatives and scientists with the intent to alleviate human suffering. The book recounts the proceedings of the conference, including presentations by specialists of Buddhism, religious studies, psychology, neuroscience, and medicine, as well as subsequent dialogue among the contributors. Under discussion are ethical and biological models for interpreting emotions and the relationships between meditation, medicine, and emotion, directed by the question of whether the mind can heal the body. Like the other Mind and Life publications, this work is both fascinating and frustrating. The content is tantalizing, but tangents frequently interrupt the topic under discussion. Moreover, there is little introductory information and cohesive analysis is lacking as well. Both of these critiques can be expected though, as they are typical products of a conference environment. And in exchange for depth, the work provides breadth. By exploring a plethora of views, the dialogue makes this a great topical resource on emotion in religion and science. Furthermore, the text demonstrates not only the potential, but also the reality of the medical use of meditation, as well as the important role of emotions in health. Intriguing and even inspiring, readers from diverse backgrounds will find merit in this work.

This is a lovely series of conversations between scientists, including the well-known Daniel Goleman, of Emotional Intelligence and Social Intelligence fame, and the Dalai Lama. I would probably give this a 4.5 stars, if it were available, as I so much enjoyed the mutual respect between the "panelists" who compare findings in neurology, psychology, psychiatry, sociology and long-held wisdom in Buddhism.

Very interesting and in depth discourse covering a wide variety of topics regarding mindfulness, emotions and health. My own background is in Psychology, Exercise Physiology and Health Education. I find the minds behind these conversations fascinating. The discussions entail an exploration of the science(s) with regards to mindfulness. The conversational style of the presentations make me feel like I'm sitting around in a small room with the authors of the book, who casually exchange philosophies, definitions, ideas, ideals and much more on the topics. Brilliant, really.

The book is basically a dialog between Dalai Lama and the Western society. I did not find this book very interesting or informing. Several people are just describing the opinions and differences between western and eastern sociological ways of thinking. No, I would not recommend this book.

This book gets a little technical in a couple of chapters, but overall is a fantastic, informative, and interesting book involving conversations between the Dalai Lama and heads of medical and scientific fields discussing health and wellness. It is a more in depth conversation of the old adage "mind of matter".

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