

Destructive Emotions A Scientific Dialogue With The Dalai Lama Daniel Goleman

A dialogue between the Dalai Lama and a group of scientists and philosophers unites research in education, psychology, and neuroscience with Buddhist practice to discuss how to cope with, transform, and eliminate negative emotions. Daniel Goleman explains what we now know about the brain basis of emotional intelligence, in clear and simple terms. This book will deepen your understanding of emotional intelligence and enhance your ability for its application. You will learn the most recent findings that explain: The Big Question being asked, particularly in academic circles: "Is there such an entity as 'emotional intelligence' that differs from IQ?"; the neural dynamics of creativity; the brain states underlying optimal performance, and how to enhance them; the social brain: rapport, resonance, and interpersonal chemistry; brain 2.0: our brain on the web; neural lessons for coaching and enhancing emotional intelligence abilities. A penetrating analysis of the dark corners of human deception, enlivened by intriguing case histories and experiments. Two New York Times–bestselling authors unveil new research showing what meditation can really do for the brain. In the last twenty years, meditation and mindfulness have gone from being kind of cool to becoming an omnipresent Band-Aid for fixing everything from your weight to your relationship to your achievement level. Unveiling here the kind of cutting-edge research that has made them giants in their fields, Daniel Goleman and Richard Davidson show us the truth about what meditation can really do for us, as well as exactly how to get the most out of it. Sweeping away common misconceptions and neuromythology to open readers’ eyes to the ways data has been distorted to sell mind-training methods, the authors demonstrate that beyond the pleasant states mental exercises can produce, the real payoffs are the lasting personality traits that can result. But short daily doses will not get us to the highest level of lasting positive change—even if we continue for years—without specific additions. More than sheer hours, we need smart practice, including crucial ingredients such as targeted feedback from a master teacher and a more spacious, less attached view of the self, all of which are missing in widespread versions of mind training. The authors also reveal the latest data from Davidson’s own lab that point to a new methodology for developing a broader array of mind-training methods with larger implications for how we can derive the greatest benefits from the practice. Exciting, compelling, and grounded in new research, this is one of those rare books that has the power to change us at the deepest level.
Dialogues with the Dalai Lama

Emotional Intelligence

The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration

A Force for Good

Healing Anger

A Profound Mind

For the first time for general readers, the Dalai Lama presents a comprehensive overview of the most important teaching of Buddhism. Perhaps the main difference between Buddhism and other religions is its understanding of our core idea of the soul or self, which is central in different ways to Hinduism, Judaism, Christianity, and Islam, is actually denied in Buddhism. Even further, belief in a “self” is seen as the main source of our difficulties in life. Yet a true understanding of self does not lead one to a despairing, cynical worldview with a sense that life has no meaning—Far from it, a genuine understanding leads to authentic happiness for an individual and the greatest source of compassion for others. In 2003 and in 2007, he was invited to New York to give a series of talks on the essential Buddhist view of selflessness. This new book, the result of those talks, is now offered to help broaden awareness of this essential doctrine and its usefulness in living a more meaningful and happy life. While the Dalai Lama offers a full presentation of his teachings on these key philosophical points for contemplation, he also shows readers how to bring these teachings actively into their own lives with recommendations for a path of practice only by actually living these teachings that we allow them to bring about a genuine transformation in our perception of ourselves and our lives A Profound Mind offers important wisdom for those committed to bringing about change in the world by developing their own spiritual capabilities, whether they are Buddhists or not.

This book provides a coherent explanation of human nature, which is to say how people think, act, and feel, what they want, and how they interact with each other. The central idea is that the human psyche was designed by evolution to help us to create and sustain culture.

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wide range of strategies and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower managers to deal with conflict arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization’s bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Resolve conflict Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective in a variety of corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

For more than half a century, in such books as The Art of Happiness and The Dalai Lama’s Little Book of Inner Peace, the Dalai Lama has guided us along the path to compassion and taught us how to improve our inner lives. In A Force for Good, with the help of his longtime friend Daniel Goleman, the New York Times bestselling author of Emotional Intelligence, the Dalai Lama explains how to turn our compassionate energy outward. This revelatory and inspiring work provides a singular vision of how to transform the world in practical and positive ways. Much more than just the most prominent exponent of Tibetan Buddhism, the Fourteenth Dalai Lama is also a futurist who possesses a profound understanding of current events and a keen insight into the commonalities and commonalities of the human condition. His calmness and wisdom for modern social issues. When he takes the stage worldwide, people listen. A Force for Good combines the central concepts of the Dalai Lama, empirical evidence that supports them, and true stories of people who are putting his teachings into action—showing how harnessing positive energies and directing them outward has lasting and meaningful effects. Goleman details the science of compassion and how this singular guiding motivation has the power to • break such destructive cycles of corruption, collusion, and bias • heal the planet by refocusing our concerns toward our impact on the systems that support all life • reverse the tendency toward systemic inequity through transparency and accountability • replace violence with kindness • counter us-and-them thinking by recognizing human oneness • create new economic systems that work for everyone, not just the powerful and rich • design schooling that teaches empathy, self-mastery, and ethics Millions of people have been inspired by the Dalai Lama for his unparalleled insight into living happier, more purposeful lives. Now, when the world needs his guidance more than ever, he shows how every compassion-driven human act—no matter how small—is integral for a more peaceful, more just world. Building a force for a better future. Revelatory, motivating, and highly persuasive, A Force for Good is arguably the most important work from one of the world’s most influential spiritual and political figures. Praise for A Force for Good “A Force for Good offers ideas that every individual can work with and build on, ranging from things that help the environment to things that help the less fortunate. [It’s] a long-range, global plan from a brilliant futuristic thinker, so this is a book that can help guide every human living on Earth. When you’re ready for a jolt of optimism, pick up this book.”—Pop Culture Nerd “Far from being a self-help book, this examines specific ideas espoused by the Dalai Lama, such as emotional hygiene, compassionate ecology, and education of the heart that can make the world a better place. An optimistic and thoughtful primer with practical applications.”—Booklist

Engaged Buddhism in the West

The Leader in You

The New Physics and Cosmology

Healing Emotions

A Monk’s Journey Through the Bardos of Living and Dying

Mind and Life

Cultivating Wisdom in Everyday Life

In his defining work on emotional intelligence, bestselling author Daniel Goleman found that it is twice as important as other competencies in determining outstanding leadership. If you read nothing else on emotional intelligence, read these 10 articles by experts in the field. We’ve collected the Harvard Business Review archive and selected the most important ones to help you boost your emotional skills—and your professional success. This book will inspire you to: Monitor and channel your moods and emotions Make smart, empathetic people decisions Manage conflict better team React to tough situations with resilience Better understand your strengths, weaknesses, needs, values, and goals Develop emotional agility This collection of articles includes: “What Makes a Leader” by Daniel Goleman, “Primal Leadership: The Hidden Driver of Great Performance” by Daniel Goleman, Boyatzis, and Annie McKee, “Why It’s So Hard to Be Fair” by Joel Brockner, “Why Good Leaders Make Bad Decisions” by Andrew Campbell, Jo Whitehead, and Sydney Finkelstein, “Building the Emotional Intelligence of Groups” by Vanessa Urch Druskat and Steve B. Wolff, “The Price of Selfishness Hurts Morale—and the Bottom Line” by Christine Porath and Christine Pearson, “How Resilience Works” by Diane Coutu, “Emotional Agility: How Effective Leaders Manage Their Negative Thoughts and Feelings” by Susan David and Christina Congleton, “Fear of Feedback” by Jay M. Lurie, and “The Young and the Clueless” by Kerry A. Bunker, Kathy E. Kram, and Sharon Ting.

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. Edited by Pulitzer Prize nominee and best-selling author Daniel Goleman, the book asks: How do we heal the mind-body connection? The Buddhist tradition says yes--and now many Western scientists are beginning to agree. These discussions between the Dalai Lama and this group of prominent physicians, psychologists, philosophers, and behaviorists could not be more timely. The book is a record of the meeting that took place in Dharamsala, India, gathering Buddhist teachers and Western scholars to discuss questions that provide a framework for an ongoing dialogue between psychology and Buddhism. Edited with a new foreword by Daniel Goleman, this exploration of stress, suffering, and how much more underscores the timeliness and significance of working together--across scientific and religious aisles--for the greater benefit of humankind.

'Science and Compassion' examines how the views of Western behavioural science hold up to scrutiny by Tibetan Buddhists. An essay by the Dalai Lama reveals his views on human nature, offering a useful exposition of the Buddhist point of view.[HC]

Designed as a conversation between the Dalai Lama and Western neuroscientists, this book takes readers on a journey through opposing fields of thought—showing that they may not be so opposing after all Is the mind an ephemeral side effect of the brain’s physical processes or is it something that science has not yet identified them? How does consciousness happen? Organized by the Mind and Life Institute, this discussion addresses some of the most troublesome questions that have driven a wedge between Western science and religion. Edited by Zara Houshmand, this book shows where Buddhism Meets Neuroscience is the culmination of meetings between the Dalai Lama and a group of eminent neuroscientists and psychiatrists. The Dalai Lama’s incisive, open-minded approach both challenges and offers inspiration to Western scientists. This book was published in 2015.

Conversations with the Dalai Lama on the Spiritual and Scientific Views of Our Minds

Science Reveals How Meditation Changes Your Mind, Brain, and Body

10% Happier

Where Buddhism Meets Neuroscience

An Eight-Week Program for Improved Emotion Regulation and Resilience

Visions of Compassion

Discussions with the Dalai Lama on the Nature of Reality

#1 BESTSELLER • The groundbreaking book that redefines what it means to be smart, with a new introduction by the author “A thoughtfully written, persuasive account explaining emotional intelligence and why it can be crucial.”—USA Today Everyone knows that high IQ is no guarantee of success, happiness, or virtue, but until Emotional Intelligence, we could only guess why. Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our “two minds”—the rational and the emotional—and how they together shape our destiny. Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors, which include self-awareness, self-discipline, and empathy, add up to a different way of being smart—and they aren’t fixed at birth. Although shaped by childhood experiences, emotional intelligence can be nurtured and strengthened throughout our adulthood—with immediate benefits to our health, our relationships, and our work. The twenty-fifth-anniversary edition of Emotional Intelligence could not come at a better time—we spend so much of our time online, more and more jobs are becoming automated and digitized, and our children are picking up new technology faster than we ever imagined. With a new introduction from the author, the twenty-fifth-anniversary edition prepares readers, now more than ever, to reach their fullest potential and stand out from the pack with the help of EI.

By inviting the Dalai Lama and leading researchers in medicine, psychology, and neuroscience to join in conversation, the Mind & Life Institute set the stage for a fascinating exploration of the healing potential of the human mind. The Mind’s Own Physician presents in its entirety the thirteenth Mind and Life dialogue, a discussion addressing a range of vital questions concerning the science and clinical applications of meditation: How do meditative practices influence pain and human suffering? What role does the brain play in emotional well-being and health? To what extent can our minds actually influence physical disease? Are there important synergies here for transforming health care, and for understanding our own evolutionary limitations as a species? Edited by world-renowned researchers Jon Kabat-Zinn and Richard J. Davidson, this book presents this remarkably dynamic interchange along with intriguing research findings that shed light on the nature of the mind, its capacity to refine itself through training, and its role in physical and emotional health.

A 25th anniversary edition of the number one, multi-million copy international bestseller that taught us how emotional intelligence is more important than IQ - 'a revolutionary, paradigm-shattering idea' (Harvard Business Review) Featuring a new introduction from the author Does IQ define our destiny? In his groundbreaking bestseller, Daniel Goleman argues that our view of human intelligence is far too narrow. It is not our IQ, but our emotional intelligence that plays a major role in thought, decision-making and individual success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness: all are qualities that mark people who excel, whose relationships flourish, who can navigate difficult conversations, who become stars in the workplace. With new insights into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us.

A rare, intimate account of a world-renowned Buddhist monk’s near-death experience and the life-changing wisdom he gained from it “One of the most inspiring books I have ever read.”—Pema Chödrön, author of When Things Fall Apart “This book has the potential to change the reader’s life forever.”—George Saunders, author of Lincoln in the Bardo At thirty-six years old, Yongey Mingyur Rinpoche was a rising star within his generation of Tibetan masters and the respected abbot of three monasteries. Then one night, telling no one, he slipped out of his monastery in India with the intention of spending the next four years on a wandering retreat, following the ancient practice of holy mendicants. His goal was to throw off his titles and roles in order to explore the deepest aspects of his being. He immediately discovered that a lifetime of Buddhist education and practice had not prepared him to deal with dirty fellow travelers or the screeching of a railway car. He found he was too attached to his identity as a monk to remove his robes right away or to sleep on the Varanasi station floor, and instead paid for a bed in a cheap hotel. But when he ran out of money, he began his life as an itinerant beggar in earnest. Soon he became deathly ill from food poisoning—and his journey took a startling turn. His meditation practice had prepared him to face death, and now he had the opportunity to test the strength of his training. In this powerful and unusually candid account of the inner life of a Buddhist master, Yongey Mingyur Rinpoche offers us the invaluable lessons he learned from his near-death experience. By sharing with readers the meditation practices that sustain him, he shows us how we can transform our fear of dying into joyful living. Praise for In Love with the World “Vivid, compelling . . . This book is a rarity in spiritual literature: Reading the intimate story of this wise and devoted Buddhist monk directly infuses our own transformational journey with fresh meaning, luminosity, and life.”—Tara Brach, author of Radical Acceptance and True Refuge “In Love with the World is a magnificent story—moving and inspiring, profound and utterly human. It will certainly be a dharma classic.”—Jack Kornfield, author of A Path with Heart “This book makes me think enlightenment is possible.”—Russell Brand

Conversations with the Dalai Lama on Mindfulness, Emotions, and Health

The Cultural Animal

The Mindfulness-Based Emotional Balance Workbook

Emotion, Reason, and the Human Brain

How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story

Why It Can Matter More Than IQ

Western Scientists and Tibetan Buddhists Examine Human Nature

Warfare has migrated into cities. From Mosul to Mumbai, Aleppo to Marawi, the major military battles of the twenty-first century have taken place in densely populated urban areas. Why has this happened? What are the defining characteristics of urban warfare today? What are its military and political implications? Leading sociologist Anthony King answers these critical questions through close analysis of recent urban battles and their historical antecedents. Exploring the changing typography and evolving tactics of the urban battlescape, he shows that although not all methods used in urban warfare are new, operations in cities today have become highly distinctive. Urban warfare has coalesced into gruelling micro-sieges, which extend from street level - and below - to the airspace high above the city, as combatants fight for individual buildings, streets and districts. At the same time, digitalized social media and information networks communicate these battles to global audiences across an urban archipelago, with these spectators often becoming active participants in the fight. A timely reminder of the costs and the horror of war and violence in cities, this book offers an invaluable interdisciplinary introduction to urban warfare in the new millennium for students of international security, urban studies and military science, as well as military professionals.

This work brings together ancient Buddhist wisdom and contemporary breakthroughs in a wide variety of fields, from neuroscience to child development, to offer insights into how we can recognize and transform the destructive emotions that pose grave dangers to our individual and collective fate.

In this book the Dalai Lama shows how through the practice of patience and tolerance we can overcome the obstacles of anger and hatred. He bases his discussion on A Guide to the Bodhisattva’s Way of Life, the classic work on the activities of Bodhisattvas--those who aspire to attain full enlightenment in order to benefit all beings.The techniques and methods presented are relevant not only for Buddhist practitioners but for all who seek to improve themselves. Through these teachings and by his own example, the Dalai Lama shows the power that patience and tolerance have to heal anger and to generate peace in the world.

'Stimulating, intelligent and enjoyable discussions of the most important issues of our day.' STEVEN PINKER 'From entrepreneurs to athletes, and world leaders to entertainers, this is a fascinating collection of interviews with some of the world's most influential individuals.' MARK CUBAN 'Thought Economics is a fine rebuke to the soundbite culture; these interviews are driven by real curiosity, and there is a wealth of wisdom here.' EDWARD STOURTON _____ Since 2007, entrepreneur and philanthropist Vikas Shah has been on a mission to interview the people shaping our century. Including conversations with Nobel prizewinners, business leaders, politicians, artists and Olympians, he has been in the privileged position of questioning the minds that matter on the big issues that concern us all. We often talk of war and conflict, the economy, culture, technology and revolutions as if they are something other than us. But all these things are a product of us - of our ideas, our dreams and our fears. We live in fast-moving and extraordinary times, and the changes we're experiencing now, in these first decades of the twenty-first century, feel particularly poignant as decisions are made that will inform our existence for years to come. What started out as a personal interest in the mechanisms that inform our views of the world, and a passion for understanding, has grown into a phenomenal compilation of once-in-a-lifetime conversations. In this incredible collection, Shah shares some of his most emotive and insightful interviews to date.

Human Nature, Meaning, and Social Life

Overcoming the Obstacles to Psychological Balance and Compassion

Thought Economics

Lessons from Faith Traditions in Transforming Conflict

Buddhist Thought and Applied Psychological Research

How Can We Overcome Them? : a Scientific Dialogue with the Dalai Lama

Conversations with the Dalai Lama on Psychology, Meditation, and the Mind-Body Connection

Over more than twenty years as a mediator, Aaron T. Wolf has learned that successful conflict resolution is shaped by complicated dynamics--from how comfortable the meeting room is to the participants' deepest senses of self. Bridging seemingly intractable issues means addressing multiple layers of needs. Wolf's approach may be surprising to Westerners who are accustomed to separating rationality from spirituality and science from religion. The Spirit of Dialogue draws lessons from a diversity of faith traditions to

transform conflict, from identifying the root cause of anger to aligning with an energy beyond oneself--what Christians call grace--to the true listening practiced by Buddhist monks. Whether atheist or fundamentalist, Muslim or Jewish, Quaker or Hindu, any reader involved in difficult dialogue will find concrete steps towards a meeting of souls.

"We are all touched at some point by the dark emotions of grief, fear, or despair. In an age of global threat, these emotions have become widespread and overwhelming. While conventional wisdom warns us of the harmful effects of "negative" emotions, this revolutionary book offers a more hopeful view: there is a redemptive power in our worst feelings. Seasoned psychotherapist Miriam Greenspan argues that it's the avoidance and denial of the dark emotions that results in the escalating psychological disorders of our time: depression, anxiety, addiction, psychic numbing, and irrational violence. And she shows us how to trust the wisdom of the dark emotions to guide, heal, and transform our lives and our world.

A new edition documents encounters between the Dalai Lama and prominent western psychologists, physicians, and meditation teachers to offer insight into the mind's ability to heal the body. Original.

A practical and soul-stirring guide to meditation that offers a much-needed antidote to the forces of stress that overwhelm so many of us—from the New York Times bestselling author of the “thoughtfully written, persuasive” (USA TODAY) Emotional Intelligence and renowned meditation teacher, Tsoknyi Rinpoche. We all experience negative emotions from time to time. But in a world with as much frenzy and pressure as ours, it's incredibly easy for these same emotions to become destructive. Now, by blending Eastern tradition with Western science, *Why We Meditate* effortlessly helps you embrace and understand meditation as never before. With accessible and eye-opening advice based on groundbreaking neuroscience, this guidebook helps you not only break free from negative patterns of thought and behavior but radically embrace your very being. Revolutionize your health, relationships, and soul with this book that is perfect for both serious meditators and those new to the practice.

Urban Warfare in the Twenty-First Century

Destructive Emotions

A Scientific Dialogue with the Dalai Lama

Altered Traits

Emotional Awareness

Buddhist Techniques to Overcome Anger

HBR's 10 Must Reads on Emotional Intelligence (with featured article "What Makes a Leader?" by Daniel Goleman)(HBR's 10 Must Reads)

***Why do seemingly rational, intelligent people commit acts of cruelty and violence? *What are the root causes of destructive behavior? *How can we control the emotions that drive these impulses? *Can we learn to live at peace with ourselves and others? Imagine sitting with the Dalai Lama in his private meeting room with a small group of world-class scientists and philosophers. The talk is lively and fascinating as these leading minds grapple with age-old questions of compelling contemporary urgency. Daniel Goleman, the internationally bestselling author of Emotional Intelligence, provides the illuminating commentary—and reports on the breakthrough research this historic gathering inspired. Destructive Emotions Buddhist philosophy tells us that all personal unhappiness and interpersonal conflict lie in the “three poisons”: craving, anger, and delusion. It also provides antidotes of astonishing psychological sophistication—which are now being confirmed by modern neuroscience. With new high-tech devices, scientists can peer inside the brain centers that calm the inner storms of rage and fear. They also can demonstrate that awareness-training strategies such as meditation strengthen emotional stability—and greatly enhance our positive moods. The distinguished panel members report these recent findings and debate an exhilarating range of other topics: What role do destructive emotions play in human evolution? Are they “hardwired” in our bodies? Are they universal, or does culture determine how we feel? How can we nurture the compassion that is also our birthright? We learn how practices that reduce negativity have also been shown to bolster the immune system. Here, too, is an enlightened proposal for a school-based program of social and emotional learning that can help our children increase self-awareness, manage their anger, and become more empathetic. Throughout, these provocative ideas are brought to life by the play of personalities, by the Dalai Lama’s probing questions, and by his surprising sense of humor. Although there are no easy answers, the dialogues, which are part of a series sponsored by the Mind and Life Institute, chart an ultimately hopeful course. They are sure to spark discussion among educators, religious and political leaders, parents—and all people who seek peace for themselves and the world. The Mind and Life Institute sponsors cross-cultural dialogues that bring together the Dalai Lama and other Buddhist scholars with Western scientists and philosophers. Mind and Life VIII, on which this book is based, took place in Dharamsala, India, in March 2000.**

First published in 1993, ‘The Leader in You’ by Dale Carnegie, an American writer and lecturer, and the developer of courses in self-improvement, salesmanship, corporate training, public speaking, and interpersonal skills. This book is developed from the demonstrated Dale Carnegie Leadership Success Model and Dale Carnegie’s Human Relationships Principles to assist you to comprehend means and methods to manage expected leadership challenges and redirect your perspective and demeanor to evolve into a more optimistic and confident role model leader. This presents beneficial guidance, techniques, and real-life models from top leaders around the world that will coach you to be a more influential leader who encourages success in your team. This book will enable you to dig your unsuspected strength and become a winner leader.

Drawing on A Guide to the Bodhisattva Way of Life, the Dalai Lama reveals how learning patience and compassion practices is more essential than ever as we navigate an era of extremism and divisiveness All of the world’s major religions emphasize the importance of love, compassion, and tolerance. This is particularly true in the Buddhist traditions, which unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love inherent within us, it is crucial to counteract their opposing forces of anger and hatred. In Perfecting Patience, the Dalai Lama shows how, through the practice of patience and tolerance, we can overcome the obstacles of anger and hatred. He bases his discussion on A Guide to the Bodhisattva Way of Life, the classic work on the activities of bodhisattvas—those who aspire to attain full enlightenment in order to benefit all beings. This book was previously published under the title Healing Anger.

Since Descartes famously proclaimed, "I think, therefore I am," science has often overlooked emotions as the source of a person’s true being. Even modern neuroscience has tended, until recently, to concentrate on the cognitive aspects of brain function, disregarding emotions. This attitude began to change with the publication of Descartes’ Error in 1995. Antonio Damasio—“one of the world’s leading neurologists" (The New York Times)—challenged traditional ideas about the connection between emotions and rationality. In this wondrously engaging book, Damasio takes the reader on a journey of scientific discovery through a series of case studies, demonstrating what many of us have long suspected: emotions are not a luxury, they are essential to rational thinking and to normal social behavior.

Healing through the Dark Emotions

Descartes' Error

25th Anniversary Edition

The Brain and Emotional Intelligence

Why We Meditate

Perfecting Patience

The New Science of Human Relationships

Destructive EmotionsA Scientific Dialogue with the Dalai LamaBantam

Written by leading scholars and including a foreword by the Dalai Lama, this book explores the interface between Buddhist studies and the uses of Buddhist principles and practices in psychotherapy and consciousness studies. The contributors present a compelling collection of articles that illustrate the potential of Buddhist informed social sciences in contemporary society, including new insights into the nature of human consciousness. The book examines the origins and expressions of Buddhist thought and how it is now being utilized by psychologists and social scientists, and also discusses the basic tenets of Buddhism and contemporary Buddhist-based empirical research in the psychological sciences. Further emphasis is placed on current trends in the areas of clinical and cognitive psychology, and on the Mahayana Buddhist understanding of consciousness with reference to certain developments in consciousness studies and physics. A welcome addition to the current literature, the works in this remarkable volume ably demonstrate how Buddhist principles can be used to develop a deeper understanding of the human condition and behaviours that lead to a balanced and fulfilling life.

What do we know about ordinary people in our towns and cities, about what really matters to them and how they organize their lives today? This book visits an ordinary street and looks into thirty households. It reveals the aspirations and frustrations, the tragedies and accomplishments that are played out behind the doors. It focuses on the things that matter to these people, which quite often turn out to be material things – their house, the dog, their music, the Christmas decorations. These are the means by which they express who they have become, and relationships to objects turn out to be central to their relationships with other people – children, lovers, brothers and friends. If this is a typical street in a modern city like London, then what kind of society is this? It’s not a community, nor a neighbourhood, nor is it a collection of isolated individuals. It isn’t dominated by the family. We assume that social life is corrupted by materialism, made superficial and individualistic by a surfeit of consumer goods, but this is misleading. If the street isn’t any of these things, then what is it? This brilliant and revealing portrayal of a street in modern London, written by one the most prominent anthropologists, shows how much is to be gained when we stop lamenting what we think we used to be and focus instead on what we are now becoming. It reveals the forms by which ordinary people make sense of their lives, and the ways in which objects become our companions in the daily struggle to make life meaningful.

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.

Mindfulness-based Emotion Focused Counselling

The Dalai Lama's Vision for Our World

Social Intelligence

The Mind's Own Physician

The Psychology of Self Deception

The Power of Patience from a Buddhist Perspective

The Wisdom of Grief, Fear, and Despair

This book examines the use of Buddhist ideas, particularly mindfulness, to manage a broad spectrum of emotions and to address social and economic issues impacting the world, such as climate change. Beginning with a brief history of emotion studies, it highlights how recent developments in neuroscience and cognitive science have paved the way for exploring the utility of Buddhist concepts in addressing various psychological and social problems in the world. It profiles a wide range of emotions from Western and Buddhist perspectives including anger, sadness, depression, pride, and compassion, and analyses the integration of Buddhist ideas into modern clinical practice. Finally, the author demonstrates the utility of mindfulness in the regulation of emotions in various settings, including psychiatric clinics, schools, and businesses. Anchored in the Buddhist tradition this book this book provides a unique resource for students and scholars of counselling, psychotherapy, clinical psychology and philosophy.

#1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir "An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation." —Elizabeth Gilbert Nightline anchor Dan Harrisembarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America ’ s spiritual scene, and leaves them with a takeaway that could actually change their lives.

What happens when the Dalai Lama meets with leading physicists and a historian? This book is the carefully edited record of the fascinating discussions at a Mind and Life conference in which five leading physicists and a historian (David Finkelstein, George Greenstein, Piet Hut, Arthur Zajonc, Anton Zeilinger, and Tu Weiming) discussed with the Dalai Lama current thought in theoretical quantum physics, in the context of Buddhist philosophy. A contribution to the science-religion interface, and a useful explanation of our basic understanding of quantum reality, couched at a level that intelligent readers without a deep involvement in science can grasp. In the tradition of other popular books on resonances between modern quantum physics and Zen or Buddhist mystical traditions—notably The Dancing Wu Li Masters and The Tao of Physics, this book gives a clear and useful update of the genuine correspondences between these two rather disparate approaches to understanding the nature of reality.

For over a decade, a small group of scientists and philosophers& mdash;members of the Mind and Life Institute& mdash;have met regularly to explore the intersection between science and the spirit. At one of these meetings, the themes discussed were both fundamental and profound: can physics, chemistry, and biology explain the mystery of life? How do our philosophical assumptions influence science and the ethics we bring to biotechnology? And how does an ancient spiritual tradition throw new light on these questions? Pier Luigi Luisi not only reproduces this dramatic, cross-cultural dialogue, in which world-class scientists, philosophers, and Buddhist scholars develop a holistic approach to the scientific exploration of reality, but also adds scientific background to their presentations, as well as supplementary discussions with prominent participants and attendees. Interviews with His Holiness the Karmapa, the Buddhist monk Matthieu Ricard, and the actor and longtime human rights advocate Richard Gere take the proceedings into new directions, enriching the material with personal viewpoints and lively conversation about such topics as the origin of matter, the properties of cells, the nature of evolution, the ethics of genetic manipulation, and the question of consciousness and ethics. A keen study of character, Luisi incorporates his own amusing observations into this fascinating dialogue, painting a very human portrait of some of our greatest& mdash;and most intimidating& mdash;thinkers. Deeply textured and cleverly crafted, Mind and Life is an excellent opportunity for any reader to join in the debate surrounding this cutting-edge field of inquiry.

Conversations with the Remarkable People Shaping Our Century (fully updated edition)

The Spirit of Dialogue

Transcending the Boundaries

Vital Lies, Simple Truths

The Science and Practice of Clarity and Compassion

The Comfort of Things

A Scientific Dialogue with the Dalai Lama on the Healing Power of Meditation

Daniel Goleman offers a vital new curriculum for life that can change the future for us and for our children

Emotional Intelligence was an international phenomenon, appearing on the New York Times bestseller list for over a year and selling more than five million copies worldwide. Now, once again, Daniel Goleman has written a groundbreaking synthesis of the latest findings in biology and brain science, revealing that we are “wired to connect” and the surprisingly deep impact of our relationships on every aspect of our lives. Far more than we are consciously aware, our daily encounters with parents, spouses, bosses, and even strangers shape our brains and affect cells throughout our bodies—down to the level of our genes—for good or ill. In Social Intelligence, Daniel Goleman explores an emerging new science with startling implications for our interpersonal world. Its most fundamental discovery: we are designed for sociability, constantly engaged in a “neural ballet” that connects us brain to brain with those around us. Our reactions to others, and theirs to us, have a far-reaching biological impact, sending out cascades of hormones that regulate everything from our hearts to our immune systems, making good relationships act like vitamins—and bad relationships like poisons. We can “catch” other people’s emotions the way we catch a cold, and the consequences of isolation or relentless social stress can be life-shortening. Goleman explains the surprising accuracy of first impressions, the basis of charisma and emotional power, the complexity of sexual attraction, and how we detect lies. He describes the “dark side” of social intelligence, from narcissism to Machiavellianism and psychopathy. He also reveals our astonishing capacity for “mindsight,” as well as the tragedy of those, like autistic children, whose mindsight is impaired. Is there a way to raise our children to be happy? What is the basis of a nourishing marriage? How can business leaders and teachers inspire the best in those they lead and teach? How can groups divided by prejudice and hatred come to live together in peace? The answers to these questions may not be as elusive as we once thought. And Goleman delivers his most heartening news with powerful conviction: we humans have a built-in bias toward empathy, cooperation, and altruism—provided we develop the social intelligence to nurture these capacities in ourselves and others.

Engaged Buddhism is founded on the belief that genuine spiritual practice requires an active involvement in society. Engaged Buddhism in the West illuminates the evolution of this new chapter in the Buddhist tradition - including its history, leadership, and teachings - and addresses issues such as violence and peace, race and gender, homelessness, prisons, and the environment. Eighteen new studies explore the activism of renowned leaders and organizations, such as Thich Nhat Hanh, Bernard Glassman, Joanna Macy, the Buddhist Peace Fellowship, and the Free Tibet Movement, and the emergence of a new Buddhism in North America, Europe, South Africa, and Australia.

Experiencing emotions is a part of the richness of life. But sometimes emotions can get in the way of our health and happiness. Suppressing strong feelings like fear, anger, and resentment isn’t the answer—in fact, doing so can lead to a host of physical problems, from a weakened immune system to heart disease. On the other hand, overreacting in the heat of the moment can be detrimental to relationships. So, how can you ride even the strongest waves of emotion without causing harm to yourself or others? This workbook offers a breakthrough, eight-week program using emotion theory and mindfulness-based techniques to help you manage the overwhelming thoughts and feelings that cause you pain. You’ll learn to approach your emotions without judgment, understand their source, and foster forgiveness and kindness toward both yourself and others. Instead of trying to bury feelings or lashing out and hurting relationships, you’ll learn how to cultivate emotional balance using this powerful program.

New Insights

In Love with the World