

## Faces Of Compassion Classic Bodhisattva Archetypes And Their Modern Expression An Introduction To Mahayana Buddhism

*Ever since the terrorist attacks of September 11th, 2001, concerns about violence, terror, and terrorism have dominated our contemporary lifestyle. Is religion a part of the problem or the solution? Can philosophical reflection help us to understand terror, violence, and insecurity? Can comparative philosophy and religion help us to overcome ethnocentrism, dangerous stereotypes, and think about new approaches to violence and terror? The authors of these timely studies provide brilliant insight into violence and terror as formulated by Plato, Aristotle, the Buddha, Confucius, Al-Farabi, Nietzsche, Dewey, Ueshiba, Gandhi, and Abdul Ghaffar Khan. Their diverse voices consider the threat of violence from various standpoints, taking religious and philosophical discourse as the starting point of the approach. This is a hopeful volume that offers new creative insights for the future. These studies allow us to analyze the real problems of violence, terror, and insecurity in much broader and deeper ways, and they present new approaches that offer possibilities for greater nonviolence, security, and peace. This collection of accessible essays relates the stories of individual goddesses from around the world, exploring their roles in the cultures from which they came, their histories and status today, and the controversies surrounding them. \* 63 essays cover more than 100 goddesses and goddess-like figures from world culture, with volumes organized by geographic area \* Many original translations of prayers, sagas, and other sources not otherwise readily available in English \* 60 illustrations include ethnographic photographs, depictions of ancient artifacts, and original artwork \* An extensive list of bibliography of sources about the figure and culture discussed accompanies each essay*

*This exclusive ebook bundle comprises five practical self-help programmes based on cognitive behavioural therapy (CBT) from the bestselling Overcoming series. Perfect for anyone experiencing problems with low mood or depression and associated problems such as low self-esteem, anger or sleep problems. This is also the perfect resource for therapists. Each book includes: -Case studies -Practical exercises -Monitoring sheets*

*Overcoming Depression - 3rd edition If you suffer from depression you are far from alone. Depression is very common, affecting over 300 million people around the world. Written by Professor Paul Gilbert OBE, internationally recognised for his work on depression, this highly acclaimed self-help book has been of benefit to thousands of people including sufferers, their friends and families, and those working in the medical profession. This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling.*

*Overcoming Mood Swings Most people know what it is like to experience high or low spirits. For some individuals, however, emotional extremes can seriously disrupt their lives, either because they happen too frequently or because the mood swings are intense and are accompanied by other symptoms of depression or mania (often referred to as bipolar disorder). This practical self-help guide provides background information on depression and mania and offers tried and tested techniques that will help the reader identify and manage their mood more effectively, and achieve a more stable emotional state.*

*Overcoming Low Self-Esteem A self-help classic, winning acclaim for its practical and user-friendly approach and now recommended on the National Health Service's self-help scheme known as Books on Prescription. This book will aid readers to understand what has caused their low self-esteem and, with this knowledge, break out of the vicious circle of negative self-image, learn the art of self-acceptance and alter their lives for the better.*

*Overcoming Anger and Irritability An invaluable self-help guide to managing a widespread behavioural problem. This is a practical self-help programme for those who find that they are spoiling the lives of both themselves and those around them with their almost constant irritability and flashes of bad temper. It will help the reader understand why such behaviour occurs and what can be done to prevent it.*

*Overcoming Insomnia Extensive research conducted over 25 years has established Cognitive Behavioural Therapy (CBT) as the treatment of choice for insomnia. For the first time, proven CBT principles have been brought together by a world-renowned expert on insomnia in a comprehensive self-help manual. In a clear step-by-step approach, new patterns of relaxation, sleeping and waking are quickly learnt. Based on clinically proven techniques.*

*The complete set of self-help guides from the popular Overcoming series. Each guide is based on Cognitive Behavioral Therapy (CBT), an evidence-based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties. Each guide comprises a step-by-step self-help programme based on CBT and contains: -Useful information about the disorder -Practical strategies and techniques based on CBT -Advice on how to keep recovery going -Further resources*

*The Complete Overcoming Series contains 31 titles: Overcoming Anger and Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge-Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain Overcoming Compulsive Gambling Overcoming Depersonalization & Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self-Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child's Fears & Worries Overcoming Your Child's Shyness and Social Anxiety Overcoming Your Smoking Habit*

*Research and Practice*

*A Guide to Getting Along with Just About Anyone*

*Dogen's Extensive Record*

*The Complete Overcoming Series*

*Dongshan and the Practice of Suchness*

*Comparative Philosophy and Religion in Times of Terror*

*The Complete Guide to Overcoming depression, low mood and other related problems (ebook bundle)*

**This thoughtful book brings together some of the best psychological and spiritual thinkers to ponder evidence-based reflections about the development and nurturance of compassion. In an effort to alter behavior, scientists have conducted research to better understand the factors that contribute to both caring and cruel behavior among individuals and groups. This uplifting volume reviews evidence collected from experts across disciplines and explains how certain psychological, spiritual, and religious factors spur compassion and deter cruelty. The work extols the importance of religion and psychology as tools for better understanding and influencing behavior. With deep reflection combined with research-based insights, the book considers the various avenues for creating kinder human beings. Expert contributors examine empirical evidence to learn if engagement in particular activities results in benevolent behavior, while chapters present the many ways in which kindness touches all aspects of life—from racial harmony, to child rearing, to work environments. Topics include exploring the healing effects of prayers and meditation, integrating compassion into higher education, and parenting with greater mindfulness and care. • Illustrates how compassion is learned and reinforced • Features leading experts from multiple fields and parts of the world • Reflects on how to maximize compassion and minimize cruelty • Includes factors that contribute to both compassionate and cruel behavior**

**Faces of Compassion Classic Bodhisattva Archetypes and Their Modern Expression — An Introduction to Mahayana Buddhism** Simon and Schuster

**Compassion Focused Therapy: Clinical Practice and Applications** offers evidence-based guidance and extensive insight into the science behind compassion focused therapy. The first section of the book explores the evolution and physiological infrastructures of caring, and how compassion arises when humans use their complex cognitive competencies to address suffering deliberately and intentionally. With this framework and basis, the next sections of the book explore CFT applied to groups, specific interventions such as chair work, the importance of applying the principles of the therapy to oneself, the CFT therapeutic relationship, and a chapter offering a systematic review of the evidence for CFT. The third section offers a series of multi-authored chapters on interventions for a range of different mental health problems such as depression, anxiety, trauma, and many others. Being the first major clinical book on compassion focused therapy, with leading international researchers and clinicians addressing central problems, this landmark publication will appeal to psychotherapists from a variety of schools as well as being a vital resource for compassion focused therapists.

**Faces of Compassion** introduces us to enlightened beings, the bodhisattvas of Buddhist lore. They're not otherworldly gods with superhuman qualities but shining examples of our own highest potential. Archetypes of wisdom and compassion, the bodhisattvas of Buddhism are powerful and compelling images of awakening. Scholar and Zen teacher Taigen Dan Leighton engagingly explores the imagery and lore of the seven most important of these archetypal figures, bringing them alive as psychological and spiritual wellsprings. Emphasizing the universality of spiritual ideas, Leighton finds aspects of bodhisattvas expressed in a variety of familiar modern personages - from Muhammad Ali to Mahatma Gandhi, from Bob Dylan to Henry Thoreau, and from Gertrude Stein to Mother Teresa. This edition contains a revised and expanded introduction that frames the book as a exciting and broad-scoped view of Mahayana Buddhism. It's updated throughout to make it of more use to scholars and a perfect companion to survey courses of world religions or a 200-level course on Buddhism.

**Theological Reflection on Christ and the Bodhisattva**

**The Bloomsbury Handbook of Religion and Nature**

**Clinical Handbook of Mindfulness**

**Understanding the Emotional, Spiritual, and Religious Influences**

**Visions of Awakening Space and Time**

**The Elements**

**A Self-Practice/Self-Reflection Workbook for Therapists**

"McAnally presents an academically rigorous, spiritually rich approach to the myriad global issues related to water. The author draws from Christianity's sacramental consciousness of baptism, loving service of the Yamuna River in Hinduism, and the compassionate wisdom of the bodhisattva to develop 'an integral approach to water ethics.' Building on but distinct from the foundation laid by Christiana Zenner's *Just Water*, this book is a welcome addition to the growing field of concern surrounding global water crises"--

From the 'nothing works' maxim of the 1970s to evidence-based interventions to challenge recidivism and promote pro-social behavior, psychological therapy has played an important role in rehabilitation and risk reduction within forensic settings in recent years. And yet the typical group therapy model isn't always the appropriate path to take. In this important new book, the aims and effectiveness of individual therapies within forensic settings, both old and new, are assessed and discussed. Including contributions from authors based in the UK, North America, Europe, Australia and New Zealand, a broad range of therapies are covered, including Cognitive Behavioural Therapy, Mentalisation Based Therapy, Schema Therapy, Acceptance and Commitment Therapy and Compassion Focussed Therapy. Each chapter provides: an assessment of the evidence base for effectiveness; the adaptations required in a forensic setting; whether the therapy is aimed at recidivism or psychological change; the client or patient characteristics it is aimed at; a case study of the therapy in action. The final section of the book looks at ethical issues, the relationship between individual and group-based treatment, therapist supervision and deciding which therapies and therapists to select. This book is essential reading for probation staff, psychologists, criminal justice and liaison workers and specialist treatment staff. It will also be a valuable resource for any student of forensic or clinical psychology.

This work provides the first systematic discussion of the Bodhisattva path and its importance for constructive Christian theology. *Crucified Wisdom* examines specific Buddhist traditions, texts, and practices not as phenomena whose existence requires an apologetic justification but as wells of tested wisdom that invite theological insight. With the increasing participation of Christians in Buddhist practice, many are seeking a deeper understanding of the way the teachings of the two traditions might interface. Christ and the Bodhisattva are often compared superficially in Buddhist-Christian discussion. This text combines a rich exposition of the Bodhisattva path, using the *ntideva's* classic work the *Bodicyary vat ra* and subsequent Tibetan commentators, with detailed reflection on its implications for Christian faith and practice. Author S. Mark Heim lays out root tensions constituted by basic Buddhist teachings on the one hand, and Christian teachings on the other, and the

ways in which the Bodhisattva or Christ embody and resolve the resulting paradoxes in their respective traditions. An important contribution to the field of comparative theology in general and to the area of Buddhist-Christian studies in particular, Crucified Wisdom proposes that Christian theology can take direct instruction from Mahayana Buddhism in two respects: deepening its understanding of our creaturely nature through no-self insights, and revising its vision of divine immanence in dialogue with teachings of emptiness. Heim argues that Christians may affirm the importance of novelty in history, the enduring significance of human persons, and the Trinitarian reality of God, even as they learn to value less familiar, nondual dimensions of Christ's incarnation, human redemption, and the divine life. Crucified Wisdom focuses on questions of reconciliation and atonement in Christian theology and explores the varying interpretations of the crucifixion of Jesus in Buddhist-Christian discussion. The Bodhisattva path is central for major contemporary Buddhist voices such as the Dalai Lama and Thích Nhất Hạnh, who figure prominently as conversation partners in the text. This work will be of particular value for those interested in "dual belonging" in connection to these traditions.

Imagery is important in cognitive therapy because images often trigger strong emotions, and imagery techniques such as imaginal reliving and imaginal rescripting are increasingly used in therapeutic treatments. Imagery and the Threatened Self considers the role that images of the self play in a number of common mental health problems and how these images can be used to help people to recover. Stopa and her contributors focus specifically on images of the self which are often negative and distorted and can contribute to both the cause and the progression of clinical disorders. The book includes chapters on current theories of the self and on imagery techniques used in therapy, alongside chapters that examine the role of self-images and how images can be used in the treatment of disorders including: social phobia post-traumatic stress disorder eating disorders depression bipolar disorder. Imagery and the Threatened Self is an original and innovative book that will appeal to both clinicians and students who are studying and practising cognitive therapy.

The Prophet and the Bodhisattva

Christian - Zen Dialogue

Quick Buddhist Solutions for Hellish Bosses, Traffic Jams, Stubborn Spouses, and Other Annoyances of Everyday Life

Just This Is It

Sacred Stories as a Starting Point for Interfaith Dialogue

How the Science of Compassion Can Help You Understand Your Emotions, Live in the Present, and Connect Deeply with Others

Daniel Berrigan, Thích Nhất Hạnh, and the Ethics of Peace and Justice

Life is rising up to meet us at every moment. The question is: Are we there to meet it or not? Diane Rizzetto presents a simple but supremely effective practice for meeting every moment of our lives with mindfulness, using the Zen precepts as tools to develop a keen awareness of the motivations behind every aspect of our behavior—to "wake up to what we do"—from moment to moment. As we train in mindfulness of our actions, every situation of our lives becomes our teacher, offering priceless insight into what it really means to be happy. It's a simple practice with transformative potential, enabling us to break through our habitual reactions and to see clearly how our own happiness and well-being are intimately, inevitably connected to the happiness and well-being of everyone around us.

In the fifty years since its inception, John Bowlby's attachment theory has been powerfully influential on developmental psychology and, more recently, mental health. Bringing together the experience of a diverse range of mental health practitioners and researchers who routinely use attachment theory in their own work, Attachment Theory in Adult Mental Health provides a guide to using attachment theory in everyday practice. Adam N. Danquah and Katherine Berry present a wide-ranging and practical approach to the topic which includes studies on clinical practice, the provision of mental health services and accommodating intercultural perspectives. Section One covers the basics of attachment theory and practice. Section Two presents clinical problems and presentations including, among others, the treatment of depression, anxiety disorders, psychosis, personality disorder and eating disorders. Section Three addresses the needs of specific populations, discussing the influence of sociocultural factors like gender, ethnicity and age. Finally, Section Four examines the organisation and the practitioner, including using the theory to organise services and how individual therapists can integrate their own attachment histories into their approach. Including the most up-to-date theories and practice in the field, Attachment Theory in Adult Mental Health is ideal for psychologists and psychological therapists, counsellors, psychiatrists, occupational therapists, social workers and mental health service managers and commissioners.

The author of Overcoming Depression offers an alternative to the traditional western view of compassion, outlining findings about the value of compassion and how it works, and taking readers through basic mind training exercises to enhance the capacity for, and use of, compassion. Original.

A Buddhist meditation teacher offers a new path to transformation—within ourselves and within the wider world—that integrates spiritual wisdom and social action. By the time Donald Rothberg was in his early twenties, he knew he had two vocations. He wanted to dedicate himself to justice and social change, and he wanted to commit himself to exploring the depths of human consciousness—to an awakening of our deeper spiritual nature. It has been his life's work, as an activist, organizer, writer, and teacher, to bring these two paths together and to reveal how deeply they require one another. The Engaged Spiritual Life is the fruit of this work. Skillfully weaving together basic spiritual teachings, real-life examples, social context, and exercises, Rothberg provides a clear, thorough, and compelling guide for those interested in connecting inner and outer transformation. At the core of the book are ten spiritual principles and associated practices that will enable readers to engage all the parts of their lives—whether personal, interpersonal, or political—into a seamless whole.

Individual Psychological Therapies in Forensic Settings

A Companion to Comparative Theology

Crucified Wisdom

Nietzsche and Zen

Concepts, Research and Applications

Zen Meditation in Plain English

*Grounded in research and accumulated clinical wisdom, this book describes a range of ways to integrate mindfulness and other contemplative practices into clinical work with trauma survivors. The volume showcases treatment approaches that can be tailored to this population's needs, such as mindfulness-based stress reduction (MBSR), acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindful self-compassion (MSC), among others. Featuring vivid case material, the book explores which elements of contemplative traditions support recovery and how to apply them safely. Neurobiological foundations of mindfulness-oriented work are examined. Treatment applications are illustrated for specific trauma populations, such as clients with chronic pain, military veterans, and children and adolescents.*

*This book is an attempt to contribute to interfaith-dialogue initiatives spearheaded by the Catholic Church with Zen, one of the major and fast-growing spiritual traditions in East Asia. In recent years, the Catholic Church has emphasized the importance of interfaith dialogue in its missionary activities and has encouraged all to take part actively. The number of conferences organized, discussions held, and articles written on interfaith dialogue has escalated. However, interfaith*

*dialogue remains mostly in the realm of specialists. The majority of ordinary believers/laity have not yet become part of interfaith-dialogue activities. Many are unaware of such activities because often they don't take place where ordinary people spend their daily lives. Others shy away because interfaith-dialogue activities are too specialized. But Joseph's experience growing up in a multireligious context in India taught him that the participation of ordinary believers is necessary if interfaith dialogue is to achieve its intended results. Christian - Zen Dialogue focuses on narratives of faith in Christianity and Zen. Can these sacred stories--gospel stories of Jesus and Chan/Zen stories (Kans)--be a starting point for dialogue between the two faiths? The book focuses on two aspects: First, what model of interfaith dialogue can help Catholics and Zen followers of all walks of life engage in faith dialogue while remaining in their own life situations? Second, how can they make use of the common elements found in their narratives of faith as the most appropriate starting point for dialogue between them? To achieve the intended results, Joseph applies the hermeneutic phenomenological approach of Paul Ricoeur.*

*Divided into four parts-Earth, Air, Fire, and Water-this book takes an elemental approach to the study of religion and ecology. It reflects recent theoretical and methodological developments in this field which seek to understand the ways that ideas and matter, minds and bodies exist together within an immanent frame of reference. The Bloomsbury Handbook of Religion and Nature focuses on how these matters materialize in the world around us, thereby addressing key topics in this area of study. The editors provide an extensive introduction to the book, as well as useful introductions to each of its parts. The volume's international contributors are drawn from the USA, South Africa, Netherlands, Norway, Indonesia, and South Korea, and offer a variety of perspectives, voices, cultural settings, and geographical locales. This handbook shows that human concern and engagement with material existence is present in all sectors of the global community, regardless of religious tradition. It challenges the traditional methodological approach of comparative religion, and argues that globalization renders a comparative religious approach to the environment insufficient.*

*The project of constructing Asian irregular theology in East Asian perspective, based on life-word of Bamboo and social political reality of minjung, embraces Dr. Chung's cross-cultural existence as he develops his long-standing interest and expertise in Christian minjung theology in new ways with the image of bamboo as a symbol for the theological perspective of grass roots marginality. Using the ancient Chinese story The Seven Sages of the Bamboo Grove, Dr. Chung engages with Christian eschatological discourse to support an aesthetical-utopian theological ethics that is opposed to an ethics concerned with legitimation of a socio-economic status quo. In addition, Dr. Chung's develops his deep commitment to the Lutheran theology of the cross and the suffering Christ through the Buddhist concept of dukkha (suffering) to create, in the end, a genuinely East Asian contextual theology*

*Zazen, Dogen, and the Spirit of Creative Inquiry*

*Overcoming Depression 3rd Edition*

*Clinical Practice and Applications*

*Loving Waters Across Religions*

*Constructing Irregular Theology*

*The Zen of You and Me*

*Goddesses in World Culture*

Teachings on the practice of things-as-they-are, through commentaries on a legendary Chinese Zen figure. The joy of "suchness"—the ultimate and true nature inherent in all appearance—shines through the teachings attributed to Dongshan Liangjie (807–869), the legendary founder of the Caodong lineage of Chan Buddhism (the predecessor of Soto Zen). Taigen Dan Leighton looks at the teachings attributed to Dongshan—in his Recorded Sayings and in the numerous koans in which he is featured as a character—to reveal the subtlety and depth of the teaching on the nature of reality that Dongshan expresses. Included are an analysis of the well-known teaching poem "Jewel Mirror Samadhi," and of the understanding of particular and universal expressed in the teaching of the Five Degrees. "The teachings embedded in the stories about Dongshan provide a rich legacy that has been sustained in practice traditions," says Taigen. "Dongshan's subtle teachings about engagement with suchness remain vital today for Zen people and are available for all those who wish to find meaning amid the challenges to modern lives."

The joy of "suchness"—the absolute and true nature inherent in all appearance—shines through the teachings attributed to Dongshan Liangjie (807–869), the legendary founder of the Caodong lineage of Chan Buddhism (the predecessor of S t Zen). Taigen Dan Leighton looks at the teachings attributed to Dongshan—in his Recorded Sayings and in the numerous koans in which he is featured as a character—to reveal the subtlety and depth of the teaching on the nature of reality that Dongshan expresses. Included are an analysis of the well-known teaching poem "Jewel Mirror Samadhi" and of the understanding of particular and universal expressed in the teaching of the Five Degrees. "The teachings embedded in the stories about Dongshan provide a rich legacy that has been sustained in practice traditions," says Taigen. "Dongshan's subtle teachings about engagement with suchness remain vital today for Zen people and are available for all those who wish to find meaning amid the challenges to modern life."

As a religion concerned with universal liberation, Zen grew out of a Buddhist worldview very different from the currently prevalent scientific materialism. Indeed, says Taigen Dan Leighton, Zen cannot be fully understood outside of a worldview that sees reality itself as a vital, dynamic agent of awareness and healing. In this book, Leighton explicates that worldview through the writings of the Zen master Eihei D?gen (1200-1253), considered the founder of the Japanese S?t? Zen tradition, which currently enjoys increasing popularity in the West. The Lotus Sutra, arguably the most important Buddhist scripture in East Asia, contains a famous story about bodhisattvas (enlightening beings) who emerge from under the earth to preserve and expound the Lotus teaching in the distant future. The story reveals that the Buddha only appears to pass away, but actually has been practicing, and will continue to do so, over an inconceivably long life span. Leighton traces commentaries on the Lotus Sutra from a range of key East Asian Buddhist thinkers, including Daosheng, Zhiyi, Zhanran, Saigy?o, My?e, Nichiren, Hakuin, and Ry?kan. But his main focus is Eihei D?gen, the 13th century Japanese S?t? Zen founder who imported Zen from China, and whose profuse, provocative, and poetic writings are important to the modern expansion of Buddhism to the West. D?gen's use of this sutra expresses the critical role of Mahayana vision and imagination as the context of Zen teaching, and his interpretations of this story furthermore reveal his dynamic worldview of the earth, space, and time themselves as vital agents of spiritual awakening. Leighton argues that D?gen uses the images and metaphors in this story to express his own religious worldview, in which earth, space, and time are lively agents in the bodhisattva project. Broader awareness of D?gen's worldview and its implications, says Leighton, can illuminate the possibilities for contemporary approaches to primary Mahayana concepts and practices.

For therapists wishing to build their skills in compassion-focused therapy (CFT), this powerful workbook presents a unique evidence-based training approach. Self-practice/self-reflection (SP/SR) enables therapists to apply CFT techniques to themselves and reflect on the experience as they work through 34 brief, carefully crafted modules. The authors are master trainers who elucidate the multiple layers of CFT, which integrates cognitive-behavioral therapy, evolutionary science, mindfulness, and other approaches. Three extended therapist examples serve as companions throughout the SP/SR journey. In a large-size format for easy photocopying, the volume includes 12 reproducible worksheets. Purchasers get access to a Web page where they can

download and print the reproducible materials. ỳ

A Buddhist Approach to Transforming Ourselves and the World

Experiencing Compassion-Focused Therapy from the Inside Out

A Translation of the Eihei Koroku

Perspectives on Mental Imagery and the Self in Cognitive Therapy

Waking Up to What You Do

The Engaged Spiritual Life

Faces of Compassion

*Paul Gilbert brings together an international line-up of leading scholars and researchers in the field to provide a state-of-the-art exploration of key areas in compassion research and applications. Compassion can be seen as a core element of prosocial behaviour, and explorations of the concepts and value of compassion have been extended into different aspects of life including physical and psychological therapies, schools, leadership and business. While many animals share abilities to be distress sensitive and caring of others, it is our newly evolved socially intelligent abilities that make us capable of knowingly and deliberately helping others and purposely developing skills and wisdom to do so. This book generates many research questions whilst exploring the similarity and differences of human compassion to non-human caring and looks at how compassion changes the brain and body, affects genetic expression, manifests at a young age and is then cultivated (or not) by the social environment. Compassion: Concepts, Research and Applications will be essential reading for professionals, researchers and scholars interested in compassion and its applications in psychology and psychotherapy.*

*"A diverse and edifying collection of practices to use in annoying and difficult circumstances" from the author of What Would Buddha Do? (Spirituality & Practice). Written for spiritual seekers who deal with unenlightened coworkers and inconsiderate bank tellers more often than Zen masters and Tibetan monks, this book demonstrates the practical side of Buddhism. Author Franz Metcalf shows how to weave simple vows, quick rethinks, instant relaxations, fast visualizations, and many other stripped-down Buddhist practices into every area of life. Individually, Metcalf's techniques work as quick fixes for specific dilemmas, but woven together, they gradually strengthen one's spiritual base when one day a habitual way of being has been quietly transformed. While not written to impress pure Buddhists, this book takes Buddhism seriously. Approachable sections on Buddhism's rich tradition and a sprinkling of quotes from ancient scripture and contemporary teachers connect the book's practices to the deeper wisdom underlying them. Always, Just Add Buddha! remains squarely focused on daily life, drawing out the most practical aspects of Buddhism.*

*Eihei Dogen, the 13th-century Zen master who founded the Japanese Soto School of Zen, is renowned as one of the world's most remarkable religious thinkers. As Shakespeare did with English, Dogen utterly transformed the language of Zen, using it in novel and extraordinarily beautiful ways to point to everything important in religious life. Dogen's Extensive Record is the first-ever complete and scholarly translation of this monumental work into English. This edition contains extensive and detailed research and annotation by scholar, translator, and Zen teacher Taigen Dan Leighton, as well as forewords by the 18th-century poet-monk Ryokan and Tenshin Reb Anderson, former abbot of the San Francisco Zen Center ? plus introductory essays from Dogen scholar Steven Heine and the prominent American Zen master John Daido Looi.*

*An excellent, practical introduction to Zen meditation. Written in a warm and easily accessible style, the book appeals to anyone with an interest in meditation, Zen, or, as is often the case today, a combination of the two. The book emphasizes the importance of receiving good instruction and of finding groups to practice with, yet it lays out the necessary steps to practice Zen meditation on your own. The book includes easily followed exercises to help the reader along. For anyone looking to uncover a clear and insightful path into the philosophy and practice of Zen meditation, this book represents the culmination of that search*

*Bamboo and Minjung in East Asian Perspective*

*Self Overcoming Without a Self*

*Contributions to an Integral Water Ethic*

*A New Approach to Life's Challenges*

*Zen Questions*

*Discourse and Ideology in Medieval Japanese Buddhism*

*Integrating Contemplative Practices*

Overcoming app now available via iTunes and the Google Play Store. A Books on Prescription Title Break free from the hell of depression If you suffer from depression you are far from alone. Depression is very common, affecting over 300 million people around the world. Written by Professor Paul Gilbert, internationally recognised for his work on depression, this highly acclaimed self-help book has been of benefit to thousands of people including sufferers, their friends and families, and those working in the medical profession. This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling. It contains helpful case studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.

Highlighting Dogen's teachings about space, which help clarify Dogen's more widely celebrated teachings on temporality and 'being time', this text also discusses the implications of Dogen's worldview for environmental activism and social ethics.

Are you ready to transform your mind and emotions? To cultivate compassion, stability, self-confidence, and well-being? If so, get ready to change the way you experience your life with this highly-anticipated approach using mindfulness and compassion. Therapists have long

been aware of mindfulness as a powerful attention skill that can help us live with greater clarity and awareness—but mindfulness alone is not enough to completely change the way a brain works. In order to fully thrive, we require motivation. Compassion, like anger or aggression, is an extremely powerful motivational force that can bring about real, lasting change. Written by the founder of compassion-focused therapy (CFT), Paul Gilbert and former Buddhist monk, Choden, *Mindful Compassion* is a unique blending of evolutionary and Buddhist psychology. In this breakthrough book, you'll learn how traditional mindfulness and compassion can work in harmony to offer a new, effective, and practical approach to overcoming everyday emotional and psychological problems. If you are ready to end toxic self-criticism, heal trauma and shame, feel worthy and loveable, and be kinder to yourself and others, this book can show you the way. Stories are ancient and wondrous tools with the mysterious power to transform lives. And the stories and parables of the Lotus Sutra—one of the world's great religious scriptures and most influential texts—are among the most fascinating and dramatic. In this fun, engaging, and plain-English book, Gene Reeves—the translator of Wisdom's critically acclaimed and bestselling edition of the Lotus Sutra—presents the most memorable and remarkable of the Lotus Sutra's many stories and parables, along with a distillation of his decades of reflection on them in an accessible, inspiring, and naturally illuminating way. *The Stories of the Lotus Sutra* is the perfect companion to Reeve's breathtaking translation of this scriptural masterpiece as well as a thoroughly enjoyable stand-alone volume for those who want to bring the inspiring teachings of the bodhisattva path into their daily lives.

Dōgen and the Lotus Sutra

Classic Bodhisattva Archetypes and Their Modern Expression

Dogen and the Lotus Sutra

Just Add Buddha!

A guide to clinical practice

The Compassionate Mind

Compassion Focused Therapy

***Can religious individuals and communities learn from each other in ways that will lead them to collaborate in addressing the great ethical challenges of our time, including climate change and endless warfare? This is the central question underlying *The Prophet and the Bodhisattva*. It juxtaposes two figures emblematic of an ideal moral life: the prophet as it evolved in ancient Israel and the bodhisattva as it flowered in Mahayana Buddhism. In particular, *The Prophet and the Bodhisattva* focuses on Daniel Berrigan and Thich Nhat Hanh, who in their lives embody and in their writings reflect upon their respective moral type. Berrigan, a Jesuit priest, pacifist, and poet, is best known for burning draft files in 1968 and for hammering and pouring blood on a nuclear warhead in 1980. His extensive writings on the Hebrew prophets reflect his life of nonviolent activism. Thich Nhat Hanh, Buddhist monk, Vietnamese exile, and poet struggled to end the conflict during the Vietnam War. Since then he has led the global movement that he named Engaged Buddhism and has written many commentaries on Mahayana scriptures. For fifty years both have been teaching us how to pursue peace and justice, a legacy we can draw upon to build a social ethics for our time.***

***Over the last two decades, Eastern psychology has provided fertile ground for therapists, as a cornerstone, a component, or an adjunct of their work. In particular, research studies are identifying the Buddhist practice of mindfulness—a non-judgmental self-observation that promotes personal awareness—as a basis for effective interventions for a variety of disorders. *The Clinical Handbook of Mindfulness* is a clearly written, theory-to-practice guide to this powerful therapeutic approach (and related concepts in meditation, acceptance, and compassion) and its potential for treating a range of frequently encountered psychological problems. Key features of the Handbook: A neurobiological review of how mindfulness works. Strategies for engaging patients in practicing mindfulness. Tools and techniques for assessing mindfulness. Interventions for high-profile conditions, including depression, anxiety, trauma. Special chapters on using mindfulness in oncology and chronic pain. Interventions specific to children and elders, Unique applications to inpatient settings. Issues in professional training. Appendix of exercises. *The Clinical Handbook of Mindfulness* includes the contributions of some of the most important authors and researchers in the field of mindfulness-based interventions. It will have wide appeal among clinicians, researchers, and scholars in mental health, and its potential for application makes it an excellent reference for students and trainees.***

***How to deal with interpersonal conflict—from a Zen perspective. The people who get under your skin the most can in fact be your greatest teachers. It's not a matter of overlooking differences, as is often taught, but of regarding those difficult aspects of the relationship with curiosity and compassion—for those very differences offer a path to profound connection. Diane Hamilton's practical, reality-based guide to living harmoniously with even your most irritating fellow humans—spouses, partners, colleagues, parents, children—shows that “getting along” is really a matter of discovering that our differences are nothing other than an expression of our even deeper shared unity.***

***In *Nietzsche and Zen: Self-Overcoming Without a Self*, André van der Braak engages Nietzsche in a dialogue with four representatives of the Buddhist Zen tradition: Nagarjuna (c. 150-250), Linji (d. 860), Dogen (1200-1253), and Nishitani (1900-1990). In doing so, he reveals Nietzsche's thought as a philosophy of continuous self-overcoming, in which even the notion of “self” has been overcome. Van der Braak begins by analyzing Nietzsche's relationship to Buddhism and status as a transcultural thinker, recalling research on Nietzsche and Zen to date and setting out the basic argument of the study. He continues by examining the practices of self-overcoming in Nietzsche and Zen, comparing Nietzsche's radical skepticism with that of Nagarjuna and comparing Nietzsche's approach to truth to Linji's. Nietzsche's methods of self-overcoming are compared to Dogen's zazen, or sitting meditation practice, and Dogen's notion of forgetting the self. These comparisons and others build van der Braak's case for a criticism of Nietzsche informed by the ideas of Zen Buddhism and a criticism of Zen Buddhism seen through the Western lens of Nietzsche - coalescing into one world philosophy. This treatment, focusing on one of the most fruitful areas of research within contemporary comparative and intercultural philosophy, will be useful to Nietzsche scholars, continental philosophers, and comparative philosophers.***

***Imagery and the Threatened Self***

***Mindful Compassion***

***A Zen Practice for Meeting Every Situation with Intelligence and Compassion***

***The Stories of the Lotus Sutra***

***A self-help guide using cognitive behavioural techniques***

***A comprehensive series of self-help guides using Cognitive Behavioral Therapy***

***Classic Bodhisattva Archetypes and Their Modern Expression — An Introduction to Mahayana Buddhism***

**This Companion to Comparative Theology offers a survey of historical developments, contemporary approaches and future directions in a field of theology that has experienced rapid growth and expansion in the past decades. Whether speaking of student or master, Zen hinges on the question. Zen practice does not necessarily focus on the answers, but on finding a space in which we may sustain uncertainty and remain present and upright in the**

middle of investigations. Zen Questions begins by exploring "The World of Zazen,"--the foundational practice of the Zen school--presenting it as an attitude of sustained inquiry that offers us an entryway into true repose and joy. From there, Leighton draws deeply on his own experience as a Zen scholar and teacher to invite us into the creativity of Zen awareness and practice. He explores the poetic mind of Dogen with the poetry of Rumi, Mary Oliver, Gary Snyder, and even "the American Dharma Bard" Bob Dylan. What's more, Leighton uncovers surprising resonances between the writings of America's Founding Fathers--including Thomas Jefferson and Ben Franklin--and the liberating ideals at the heart of Zen.

This book traces the history of the Bodhisattva ideal within the Buddhist tradition, while examining the classic figures identified with these teachings of compassionate wisdom.

The medieval period of Japanese religious history is commonly known as one in which there was a radical transformation of the religious culture. This book suggests an alternate approach to understanding the dynamics of that transformation. One main topic of analysis focuses on what Buddhism - its practices and doctrines, its traditions and institutions - meant for medieval Japanese peoples themselves. This is achieved by using the notions of discourse and ideology and juxtaposing various topics on shared linguistic practices and discursive worlds of medieval Japanese Buddhism. Collating contributions from outstanding scholars in the field of Buddhist Studies, the editors have created an important work that builds on preliminary work on rethinking the importance and meaning of Kamakura Buddhism published recently in English, and adds greatly to the debate.

**The Psychology of Compassion and Cruelty: Understanding the Emotional, Spiritual, and Religious Influences**

**Mindfulness-Oriented Interventions for Trauma**

**Attachment Theory in Adult Mental Health**

**Compassion**