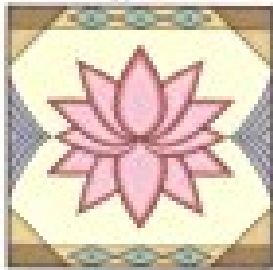


# Toward a Psychology of Awakening Buddhism Psychotherapy and the Path of Personal and Spiritual Transformation

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toward  
a psychology  
of awakening

Buddhism, Psychotherapy,  
and the Path of  
Personal and Spiritual  
Transformation

John Welwood

## BOOK DETAILS

- Author : John Welwood
- Pages : 352 Pages
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## **BOOK SYNOPSIS**

How can we connect the spiritual realizations of Buddhism with the psychological insights of the West? In *Toward a Psychology of Awakening* John Welwood addresses this question with comprehensiveness and depth. Along the way he shows how meditative awareness can help us develop more dynamic and vital relationships and how psychotherapy can help us embody spiritual realization more fully in everyday life. Welwood's psychology of awakening brings together the three major dimensions of human experience: personal, interpersonal, and suprapersonal, in one overall framework of understanding and practice.

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