

Destructive Emotions A Scientific Dialogue With The Dalai Lama Daniel Goleman

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Destructive Emotions A Scientific Dialogue

Sheer brilliance The book is a dialogue to analyse what constitute destructive Emotions. What

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triggers any emotions at all. And if there's a way to better understand and control destructive Emotions. Its a dialogue between bhuddist school of thought (in a secular way) and western school of thought (mostly neurology).

Destructive Emotions: A Scientific Dialogue with the Dalai ...

A Scientific Dialogue with the Dalai Lama. PURCHASE NOW by Daniel Goleman (Bantam Doubleday Dell) ISBN: 978-0-553-38105-4 In May 2001, in a laboratory at the University of Wisconsin, a Tibetan Buddhist monk donned a cap studded with hundreds of sensors that were connected to a state-of-the-art EEG, a brain-scanning device capable of recording changes in his brain with speed and precision.

Destructive Emotions - Mind & Life Institute

Destructive Emotions I am a great fan of the Dalai Lama. Each time I listen to this completely engrossing book I am reminded of how incredibly beautiful we are as beings. The discussions in the book are thoughtful and invite the listener to actually do some thinking. What a pleasure.

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Destructive Emotions: A Scientific Dialogue with the Dalai Lama by Daniel Goleman, Ph.D. Bantam, 2003. Click here for ordering information. The Lama in the Lab Lama Oser strikes most anyone who meets him as resplendent--not because of his maroon and gold Tibetan monk's robes, but because of his radiant smile.

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Perhaps the most enlightening implication of Destructive Emotions is that rigorous scientific study

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of emotions, positive and negative, is making exciting progress. These scholars, with the Dalai Lama's participation and support, are continuing to discover more about how we experience and can alter our emotional responses—all in an effort to foster global peace and well-being.

Book Review: Destructive Emotions - Greater Good

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