

Mental Health And Hindu Psychology

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Reviews

This is an incredible book that I have ever read through. It can be rally exciting through reading through time period. I discovered this publication from my i and dad recommended this pdf to find out. (Friedrich Lynch DDS)

MENTAL HEALTH AND HINDU PSYCHOLOGY



Munshiram Manoharlal Publishers Pvt. Ltd., 2005. Hardcover. Book Condition: New. Reprint. 15 X 23. Swami Akhilananda shows us how to reach mental health by applying the classic techniques of his ancient tradition. The author explains how a stable and healthy mind is the starting point for our spiritual quest. He thus brings together psychology and religion in a most universal manner, showing that personality development and the search for ultimate values are one and the same discipline. The book's approach is hard-hitting and practical, using case histories from the Swami's thirty-five years' counselling experience in the United States. The reader, whatever his own beliefs, will be enriched by this new perspective on solving the concrete problems of daily life. Psychologist O. Hobart Mower writes in the introduction : "The author is an accomplished scholar, not only in the field of classical religion (see his Hindu View of Christ), but also in respect to the theories and theoretical dilemmas of contemporary psychiatry, psychology, and sociology (cf., Hindu Psychology). Most of all, Swami Akhilananda is a refined, sensitive, tolerant human being whose wisdom and kindliness have already touched the lives of innumerable persons and will, in the present volume, bring new understanding and a surer perspective to many more.".

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