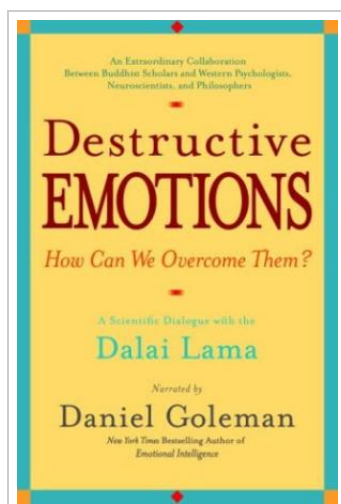




Destructive Emotions: A Scientific Dialogue with the Dalai Lama

By Daniel Goleman

Bantam. Paperback. Book Condition: New. Paperback. 448 pages. Dimensions: 9.1in. x 6.0in. x 1.0in. 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:...



READ ONLINE

[4.72 MB]

Reviews

It is easy in study better to understand. Of course, it is actually play, nonetheless an amazing and interesting literature. I am quickly could possibly get a satisfaction of reading through a published ebook.

-- **Ms. Lucinda Koelpin**

A very awesome ebook with perfect and lucid explanations. I could possibly comprehend every thing using this written e pdf I am happy to explain how this is basically the best ebook i have got read inside my personal life and may be the very best book for ever.

-- **Mr. Santa Rath**

Relevant Kindle Books



How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book

McGraw Hill. Soft cover. Book Condition: Brand New. Dust Jacket Condition: No Dust Jacket. Brand New In Softcover Format, How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book. 1-1-3.



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



Abraham Lincoln for Kids: His Life and Times with 21 Activities

Chicago Review Press. Hardback. Book Condition: new. BRAND NEW, Abraham Lincoln for Kids: His Life and Times with 21 Activities, Janis Herbert, 2008 National Parenting Publications Awards (NAPPA) Honors Award winner. Providing a fresh perspective on one of the most beloved presidents...



Tinga Tinga Tales: Why Lion Roars - Read it Yourself with Ladybird

Paperback. Book Condition: New. Not Signed; This is a Tinga Tinga tale inspired by traditional stories from Africa. Lion is king of Tinga Tinga but he can't roar! Can his friend Flea help Lion to find his roar and behave more like...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: Such a Fuss (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It is based on Oxford Reading Tree which...