



Mindfulness and Psychotherapy

Thich Nhat Hanh

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Mindfulness and Psychotherapy Thich Nhat Hanh

Before you can help others, Thich Nhat Hanh teaches, you must first bring peace and a deep love of life into your own consciousness. Originally created for those in the helping professions, Mindfulness and Psychotherapy has proven profoundly helpful to anyone who wants to understand why we are at war with ourselves and one another, and how to mend our conflicts. To the extent that psychotherapists are able to defuse the inner strife of others, they bring peace to the world at large -- which is precisely why these caregivers most urgently need the power of mindfulness. Mindfulness and Psychotherapy includes a special section on anger. Here, Thich Nhat Hanh sets aside the classic debate about suppression versus expression to offer a radically different way of working with anger, using time-tested techniques of breathing and walking meditation. A rich and heartfelt gift of sanity, Mindfulness and Psychotherapy can transform your relationships, your caregiving practice -- and your life.

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