



Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health

Daniel Goleman

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Can

the mind heal the body? The Buddhist tradition says yes—and now many Western scientists are beginning to agree.

Healing

Emotions

is the record of an extraordinary series of encounters between the Dalai Lama and prominent Western psychologists, physicians, and meditation teachers that sheds new light on the mind-body connection. Topics include: compassion as medicine; the nature of consciousness; self-esteem; and the meeting points of mind, body, and spirit.

This

edition contains a new foreword by the editor.

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