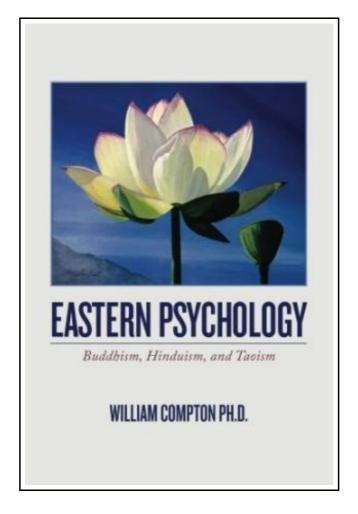
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Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. An introduction to Eastern psychological systems as found in the classic texts and practices of Buddhism, Hinduism, and Taoism. Topics covered include: perspectives on mental health and well-being, personality theories, interventions for optimal well-being (primarily a discussion of meditation styles), and a comparison with contemporary Western psychology. The book is accurate and informative, while also maintaining a style that is readable and accessible. Therefore, the book is suitable for anyone interested in a basic understanding of Eastern psychology and may also be used as a college textbook.



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