

***Healing Emotions Conversations With The Dalai Lama On  
Mindfulness And Health Daniel Goleman***

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The work Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health is from the 1990 Mind and Life Conference, sponsored by the Mind and Life Institute, an organization that fosters constructive dialogue between contemplatives and scientists with the intent to alleviate human suffering.

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Healing Emotions : Conversations With the Dalai Lama on Mindfulness, Emotions, and Health, Paperback by Goleman, Daniel (EDT), ISBN 1590300106, ISBN-13 9781590300107 A new edition documents encounters between the Dalai Lama and prominent western psychologists, physicians, and meditation teachers to offer insight into the mind's ability to heal the body.

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