



## Indian System of Psychotherapy

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By Prakash Veereshwar

2002. Hardcover. Condition: New. 288 The present work " Indian System of Psychotherapy," is a pioneer in subject. this is an attempt to introduce the new and blooming psychologists and psychotherapist to our own system, which are very ancient and are ingrained in our soil and culture. Only three main systems have been discussed here viz. Atarva - Veda, Ayurveda and Yoga. This covers the whole ancient Hindu field. Although ancient, these systems are still alive and effective. About The Author:- Prakash Veereshwar (Smt.) M.A. (Psy.), M.A. (Soc.) Ph.D. Educated at Meerut, Patna and Agra Universities. Retired after a long career of teaching at graduate and post graduate level research, guidance and counselling. After retirement started 'MANASI' a centre for psychological guidance and counselling, book-publishing etc. She is a well-known author of several works on sociology and psychology. She received academic awards by the government of India. Contents:- Preface Introduction An Overview of Therapies-Western A Glimpse of Indian Psychotherapy The Vedas Atharva Veda-I Psychotherapy in Atharva Veda Ayurveda Samhitas Yoga Yoga and Psychotherapy Psychotherapy-a Synthesis of India and Western Conclusion-Salient Features of Indian Systems of Psychotherapy Bibliography Index The Title 'Indian System of Psychotherapy' written/authored/edited by Prakash Veereshwar', published in the year...



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