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"Synopsis Examines the full scope of Buddhist psychology and its principles--the nobility and sacredness of the human spirit, analysis of emotion and thought, and the techniques for transforming the body and mind--and demonstrates their applications in modern life. Über den Autor und weitere Mitwirkende **Jack Kornfield****Jack Kornfield, PhD**, trained as a Buddhist monk in Thailand, Burma, and India and has been teaching meditation internationally since 1974. He is one of the key teachers to introduce mindfulness practices to the West. He co-founded the Insight Meditation Society in Barre, Massachusetts and founded the Spirit Rock Center in Woodacre California. He holds a PhD in clinical psychology and has taught in centers and universities worldwide. Jack has led International Buddhist Teacher meetings with the Dalai Lama, worked with many of the great teachers of our time, and is a father and

activist. He is co-creator of the Awareness Training Institute and has written more than a dozen books, including *Meditation for Beginners*; *A Path With Heart*; *After the Ecstasy, the Laundry*; and more. **Jack Kornfield**, **PhD**, trained as a Buddhist monk in Thailand, Burma, and India and has been teaching meditation internationally since 1974. He is one of the key teachers to introduce mindfulness practices to the West. He co-founded the Insight Meditation Society in Barre, Massachusetts and founded the Spirit Rock Center in Woodacre California. He holds a PhD in clinical psychology and has taught in centers and universities worldwide. Jack has led International Buddhist Teacher meetings with the Dalai Lama, worked with many of the great teachers of our time, and is a father and activist. He is co-creator of the Awareness Training Institute and has written more than a dozen books, including *Meditation for Beginners*; *A Path With Heart*; *After the Ecstasy, the Laundry*; and more."

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