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Psychology In The Light Of The East



Synopsis

Psychology in the Light of the East presents fresh insights into integral psychology, incorporating the reason of Western psychology together with the holistic outlook of Eastern wisdom. Borden examines the philosophy, mysticism, and psychology of both East and West to convey how they reflect the evolution of consciousness. Grounded in a theoretical framework, this text includes valuable techniques for application and invites readers on a journey of self-knowledge and self-mastery, providing therapists and practitioners with the tools for great personal and professional development.

Book Information

Paperback: 296 pages

Publisher: Rowman & Littlefield Publishers (November 15, 2016)

Language: English

ISBN-10: 1442260262

ISBN-13: 978-1442260269

Shipping Weight: 1.1 pounds (View shipping rates and policies)

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