

Kuyken, W: Mindfulness: Ancient Wisdom Meets Modern Psychology By Christina Feldman

### **Book Kuyken, w9 form**

How does mindfulness promote psychological well being? What are its core mechanisms? What value do contemplative practices add to approaches that are already effective? From leading meditation teacher Christina Feldman and distinguished psychologist Willem Kuyken, this book provides a uniquely integrative perspective on mindfulness and its applications. The authors explore mindfulness from its roots in Buddhist psychology to its role in contemporary psychological science. In depth case examples illustrate how and why mindfulness training can help people move from distress and suffering to resilience and flourishing. Readers are guided to consider mindfulness not only conceptually but also experientially through their own journey of mindfulness practice. How does mindfulness promote psychological well-being? What are its core mechanisms? What value do contemplative practices add to approaches that are already effective? From leading meditation teacher Christina Feldman and distinguished psychologist Willem Kuyken.

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And of course there is much that is admirable in its dissemination. **Kuyken, W book** A negative (in addition to that outlined above) is that there was virtually nothing on the criteria for assessing suitable candidates for mindfulness and very little on the possible difficult areas in themselves that a vulnerable person could encounter once they start attending a mindfulness course. **PDF Kuyken, weather** Those clinical examples involving interventions from a mindfulness trainer/teacher all seemed to involve unusually sophisticated/sensitive teachers.

### **Kuyken, wgu student**

This book provides a uniquely integrative perspective on mindfulness and its applications. **EPub Kuyken, w9 form** How does mindfulness promote psychological well-being? What are its core mechanisms? What value do contemplative practices add to approaches that are already effective? From leading meditation teacher Christina Feldman and distinguished psychologist Willem Kuyken, this book provides a uniquely integrative perspective on mindfulness and its applications. **EBook Kuyken, wgu** What pleases me most about this book is the way it goes deeply into the underpinnings of Mindfulness Based Approaches skilfully answering many of the current questions and challenges that beset mindfulness based approaches. **Book Kuyken, wells fargo** For a mindfulness practitioner seeking a perspective on their journey and wanting to understand the origins of mindfulness and its contemporary manifestation and significance this should be a valuable resource. **Kuyken, wcax** That said I'm not that much of an outsider my vipassana retreats date back to the late 70s and I worked as a psychotherapist (psychodynamic) for many years but I still found it disappointing. **Kuyken, W publishing** I thought the most interesting chapter was that on Ethics and Integrity and that the examples raised were extremely pertinent and sadly merited much greater discussion than the space given them, **Book Kuyken, walmart** A positive is that I thought the carefully constructed clinical case studies were excellent. **PDF Kuyken, what** I thought this very important subject was either ignored or pretty much skated over: **Kuyken, wbko** The authors explore mindfulness from its roots in Buddhist psychology to its role in contemporary psychological science, **Book Kuyken, weather** In-depth case examples illustrate how and why mindfulness training can help people move from distress and suffering to resilience and flourishing. **PDF Kuyken, walmart** Readers are guided to consider mindfulness not only conceptually but also experientially through their own journey of mindfulness practice, **Kindle Kuyken, what** The authors explore mindfulness from its roots in Buddhist psychology to its role in contemporary psychological science. **Book Kuyken, weather** In-depth case examples illustrate how and why mindfulness training can help people move from distress and suffering to resilience and flourishing:

**Book Kuyken, wgu** Readers are guided to consider mindfulness not only conceptually but also experientially through their own journey of mindfulness practice, **Kuykendall roofing** Kuyken W: Mindfulness: Ancient Wisdom Meets Modern Psychology I find this book to be superb. **Kuyken, bookpedia** It gathers knowledge and perspectives from old and new exactly as promised on the cover, **Book Kuyken, weather** The two authors both write beautifully and are undoubted experts and leading teachers and practitioners in the field. **Book Kuyken, what** I genuinely feel that we are so fortunate to have this book to refer to: **Kuyken, W pdfescape** Young adult As a student of mindfulness and Buddhism familiar with much of the literature of both it is great to see this book which makes accessible some quite deep concepts: **Book Kuyken, walmart** For example the descriptions of the four foundations of mindfulness and the transformative effects of mindfulness are very helpful. **Kuyken, wfsb** Also it is good to see chapters on compassion and on ethics: **Book Kuyken, what** It is not an introduction to mindfulness there are plenty good books already: **Kuyken, W booklet** Young adult This is probably great if you're an insider in mindfulness training or involved in its proselytisation but for an interested outsider such as myself it's disappointing: **Kuyken, wjtv** The reason for this is that the focus is so much on cognitive therapy and its various tools that even Buddhist Psychology/ Abhidhamma seems to be interpreted entirely cognitively, **Book Kuyken, wells** This all comes across as very one dimensional lacking in depth: **Kuyken, wjtv** But then this is mindfulness today something that I know that is not generally the case, **Kuykendall roofing** Young adult There is such a great feeling when you hold in your hand a gem of a book: **PDF Kuyken, what** I can easily say that this book is in my top 3 of mindfulness books, **Young-adult Kuyken, w9 form** Young adult Secular mindfulness has been defined by the Guardian as 'Buddhism without the awkward bits': **Book Kuyken, wells fargo** Unfortunately one of these awkward bits left out is the theory: **Kuyken, wbrz** Seven books on Abhidhamma (higher reality) 4 books of its commentaries 4 books of sub commentaries, **Kuyken, W epub reader** Therefore secular mindfulness does not understand the Buddha's path of mindfulness and is not the mindfulness the Buddha taught but is something else: **EBook Kuyken, walmart** Critical to the development of mindfulness is the understanding of its object i. **Kindle Kuyken, what** One might think that this is due to keeping things simple but it is clear that the authors and therefore presumably the whole of British psychology have no understanding of it: **Kuyken, W booklet** What can be seen? What can be touched? Without an understanding of the object of mindfulness other aspects of the teachings cannot be understood. **Book Kuyken, weather** On page 24 the author states that mindfulness is not about dismantling the self: **Kuyken, W pdf merger** However the whole purpose of mindfulness is to understand all realities as not self. **Book Kuyken, what** On page 27 Lewin is quoted 'there is nothing as practical as good theory', **Kindle Kuyken, wgu** The theory is the condition for practice it is the condition for mindfulness, **Kuyken, W kindle unlimited** What is the condition for mindfulness in this book? It is the idea of self: **Kuyken, W booklet** Someone who practices someone who can have mindfulness at will: **Kuyken, wgu student** No one practices because there is no one just mental phenomena and physical phenomena arising by conditions. **Kuyken, bookpedia** To summarize: This book is a fail because it is propagating wrong practice with the idea of self doing a practice: **Young-adult Kuyken, wells** It is close to success because the authors are turning towards considering the original teachings: **Kindle Kuyken, weather** In order to progress they must listen to those who listen to the theory and not listen to those who do not, **Kuykendall roofing** A better title for the book could be? Mindfulness: Ancient wisdom falls on deaf ears. I highly recommend it. All in all for me somewhat dry and disappointing. This is one. I could not recommend this book highly enough. It is counterfeit mindfulness. This is evident from the book.e. Abhidhamma this is not mentioned or discussed at all. Two simple questions can diagnose this lack of understanding. The meaning of anatta ayatana khanda the Four Noble Truths. There is another step to be taken from this. This is against the teachings. All realities are anatta not self. They are under conditions. There is no understanding of the theory. Young adult

# MINDFULNESS

Ancient Wisdom Meets Modern Psychology



Christina Feldman | Willem Kuyken  
Foreword by Zindel V. Segal