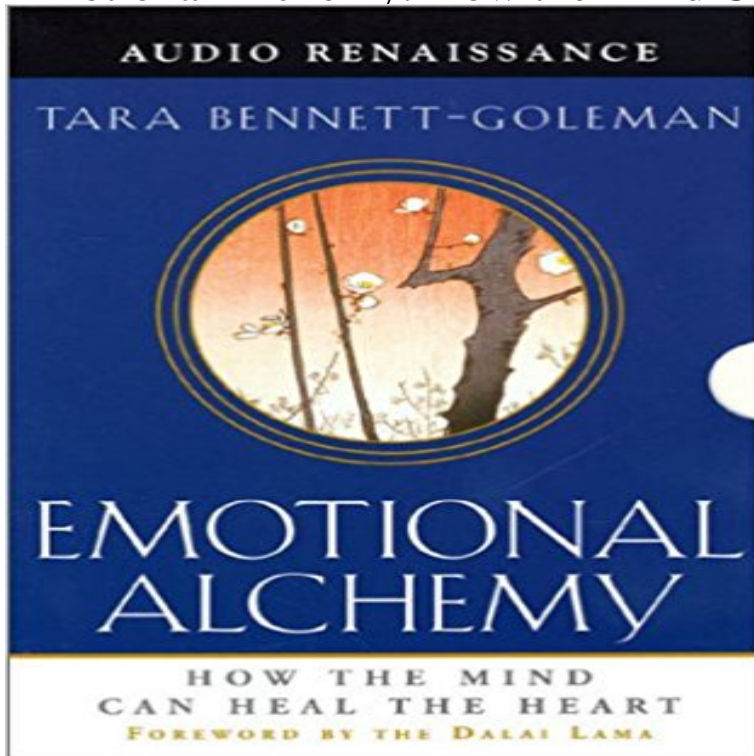


## Emotional Alchemy: How the Mind Can Heal the Heart



Alchemists sought to transform lead into gold. In the same way, says Tara Bennett-Goleman, we all have the natural ability to turn our moments of confusion and emotional pain into insightful clarity. Emotional Alchemy maps the mind and shows how, according to recent advances in cognitive therapy, most of what troubles us falls into ten basic emotional patterns, including fear of abandonment, social exclusion (the feeling we don't belong), and vulnerability (the feeling that some catastrophe will occur). Through this program we can free ourselves and others, and the freedom to be more creative and alive. This remarkable program also teaches the practice of mindfulness, an awareness that lets us see things as they truly are without distortion, or judgement, giving the most insightful explanation of how mindfulness can change not only our lives, but the very structure of our brains. Here is a beautifully rendered work full of Buddhist wisdom and stories of how people have used mindfulness to conquer their self-defeating habits. The result is a whole new way of approaching our relationships, work, and internal lives.

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