

# Destructive Emotions A Scientific Dialogue With The Dalai Lama Daniel Goleman

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## Destructive Emotions A Scientific Dialogue

Sheer brilliance The book is a dialogue to analyse what constitute destructive Emotions. What triggers any emotions at all. And if there's a way to better understand and control

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destructive Emotions. Its a dialogue between bhuddist school of thought ( in a secular way) and western school of thought ( mostly neurology).

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A Scientific Dialogue with the Dalai Lama. PURCHASE NOW by Daniel Goleman (Bantam Doubleday Dell) ISBN:

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most anyone who meets him as resplendent--not because of his maroon and gold Tibetan monk's robes, but because of his radiant smile.

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## **Destructive Emotions: A Scientific Dialogue with the Dalai**

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Perhaps the most enlightening implication of Destructive Emotions is that rigorous scientific study of emotions, positive and negative, is making exciting progress. These scholars, with the Dalai Lama's participation and support, are continuing to discover more about how we experience and can alter our emotional responses—all in an effort to foster global peace and well-being.

## **Book Review: Destructive Emotions - Greater Good**

Destructive Emotions I am a great fan of the Dalai Lama. Each time I listen to this completely engrossing book I am reminded of how incredibly beautiful we are as beings. The discussions in the book are thoughtful and invite the listener to actually do some

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thinking. What a pleasure.

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Destructive Emotions: How Can We Overcome Them? A Scientific Dialogue with the Dalai Lama forcefully puts to rest the misconception that the realms of science and spirituality are at odds. In this extraordinary book, Daniel Goleman presents dialogues between the Dalai Lama and a small group of eminent psychologists, neuroscientists, and philosophers that probe the challenging questions: Can ...

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In this first dialogue, Dr. Elena Antonova, Father Laurence Freeman, Dr. Wendy Hasenkamp, and Venerable Geshe Tenzin Namdak, will talk about the difficulty of dealing with destructive emotions in these challenging times, and they'll relay their own experience and thoughts about what could help with transforming these, so that we can be happier and more positive - even in times of Covid-19.

## **Dialogue I - Destructive Emotions & Distorted Perceptions**

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