



The Resonance of Emptiness: A Buddhist Inspiration for Contemporary Psychotherapy (Routledge Critical Studies in Buddhism)

Gay Watson

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This work presents an exploration of Buddhist philosophy and practice as a potential resource for an approach to psychotherapy which is responsive to the needs of its time and context, and attempts to open up a three-way dialogue between Buddhism, psychotherapy and contemporary discourse to reveal a meaningful theory and practice for a contemporary psychotherapy.

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