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## Embracing the Heart, Engaging the Mind: Universal Stories of Resilience

By Joseph Richard Dunn

Psychology Etcetera, United States, 2009. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.People do not live to be two or three thousand-years-old, but their stories do. Stories bring us as close to immortality as we can experience in this life. Embracing the Heart, Engaging the Mind: Universal Stories of Resilience (with commentary) offers an array of 65 teaching or wisdom stories from around the world that have been passed down from generation to generation. The stories come from a variety of cultures and traditions including Rabbinical (Jewish), Sufi, Zen, and Christian. They come from Europe, the East, the Middle East, Africa, and the Americas. Each story is followed by commentary which is mostly psychological in nature with some social and spiritual observations. A few of the stories have an historical basis and are modern; however, most are traditional and date back centuries. The Introduction begins, In the beginning, before there were psychologists, consultants, and experts, there were stories. The theme of the book is developing psychological resilience, that is, not only surviving but thriving in spite of facing life obstacles. Some would refer to the theme as positive psychology....



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