



## Mental Health And Hindu Psychology

By Swami Akhilananda

Munshiram Manoharlal Publishers Pvt. Ltd., 2005. Hardcover. Book Condition: New. Reprint. 15 X 23. Swami Akhilananda shows us how to reach mental health by applying the classic techniques of his ancient tradition. The author explains how a stable and healthy mind is the starting point for our spiritual quest. He thus brings together psychology and religion in a most universal manner, showing that personality development and the search for ultimate values are one and the same discipline. The book's approach is hard-hitting and practical, using case histories from the Swami's thirty-five years' counselling experience in the United States. The reader, whatever his own beliefs, will be enriched by this new perspective on solving the concrete problems of daily life. Psychologist O. Hobart Mower writes in the introduction : "The author is an accomplished scholar, not only in the field of classical religion (see his Hindu View of Christ), but also in respect to the theories and theoretical dilemmas of contemporary psychiatry, psychology, and sociology (cf., Hindu Psychology). Most of all, Swami Akhilananda is a refined, sensitive, tolerant human being whose wisdom and kindness have already touched the lives of innumerable persons and will, in the present volume, bring new understanding...

DOWNLOAD



READ ONLINE  
[ 4.24 MB ]

### Reviews

*An exceptional ebook along with the font applied was interesting to read through. it was actually writtern really completely and beneficial. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Mr. Hector Cole Jr.**

*This written pdf is wonderful. It can be writter in easy phrases and not difficult to understand. Your lifestyle span will likely be enhance once you full looking over this ebook.*

-- **Juanita Reynolds**