



# Emotional Alchemy: How the Mind Can Heal the Heart

*Tara Bennett-Goleman*

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## **Emotional Alchemy: How the Mind Can Heal the Heart** Tara Bennett-Goleman

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 or 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 the simple practice of mindfulness taught in this book, we can free ourselves of such patterns and replace them with empathy for ourselves and others, as well as the freedom to be more creative and alive.

You'll find the very latest research in neuroscience--including the neurological "magic quarter second," during which it is possible for a thought to be "caught" before it turns into an emotional reaction. And you'll discover the fascinating parallels of this science with the wisdom of ancient Buddhism--for Buddhists knew centuries ago that we can end our self-destructive habits.

This remarkable book also teaches the practice of mindfulness, an awareness that lets us see things as they truly are without distortion or judgment, 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.

*From the Hardcover edition.*

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