



## **Psychology and Buddhism: From Individual to Global Community (International and Cultural Psychology)**

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# Psychology and Buddhism: From Individual to Global Community (International and Cultural Psychology)

## Psychology and Buddhism: From Individual to Global Community (International and Cultural Psychology)

This book advances a serious consideration of how the goals and practices of psychology can be informed and enriched by Buddhist traditions that transcend the individual to consider the interconnectedness of all things, and the responsibility we have towards the other. Individualistic and psychotherapeutic applications of Buddhism in psychology are examined, followed by a bold step into the community arena, with consideration given to the intersection between community psychology and Buddhist approaches to empowerment, social change, and prevention.

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