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The Courage To Be Present

The Courage to be Present is a wonderful book that is primarily meant to describe how the basic principles of Buddhism can be applied by mental health care workers (whether Buddhist or not) during therapy. Dr. Wegela teaches at the (Buddhist) Naropa University, and is a counsellor in private practice. She draws on both experiences in this book.

The Courage to Be Present: Buddhism, Psychotherapy, and ...

The Courage to Be Present: Buddhism, Psychotherapy, and the Awakening of Natural Wisdom. The quality of presence a psychotherapist or counselor brings to the therapeutic relationship makes all the difference in effective treatment.

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About The Courage to Be Present The quality of presence a psychotherapist or counselor brings to the therapeutic relationship makes all the difference in effective treatment.

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The Courage to Be Present: Buddhism, Psychotherapy, and ...

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A final core truth has to do with being present. I believe that being present takes a lot of courage. It's not easy to be truly present. And beyond that, being present for others also means showing...

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Opinion | The Courage to Be Alone - The New York Times

The explanation in The Courage to be Present of the Bodhisattva way is "dedicating your life to the benefit of all other beings". Why does this feel like salt being rubbed into my wounds?

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The Courage to Be Present: Buddhism, Psychotherapy, and the Awakening of Natural Wisdom Paperback – 7 Dec. 2010 by Karen Kissel Wegela (Author)

The Courage to Be Present: Buddhism, Psychotherapy, and ...

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'Moral courage' training, already planned for St. Paul ...

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American Jewish Committee Hails Abraham Accords, Attends ...

"He didn't have the courage to vote yes, didn't have the courage to vote no. He voted 'present,' " said O'Connor. "Only in Washington can someone vote 'present' and then claim ...

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