



## **After Mindfulness: New Perspectives on Psychology and Meditation**

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The Mindfulness phenomenon has swept the mental health field over the last two decades, helping to bring some of Buddhism's more inaccessible doctrines to a broader audience. While it would be naïve to think that our instinctive human longing for the sacred can be satisfied by a diet of weekly exercises, cognitive rewiring and behavioural reprogramming, it would be equally naïve to depend on 'trans-personal' and 'spiritual' guides to provide us with a pocket-sized map of our own path. Instead, we each create a path as we walk. *After Mindfulness* brings together well-known Buddhist writers and renowned therapists and theorists from various orientations for an appreciation and critical evaluation of Mindfulness. This unprecedented collection of expertise, ranging from clinical work to inspired commentaries on the Buddha's teachings, will greatly inspire anyone who is interested in the creative integration of psychology and meditation.

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