

Becoming Kuan Yin The Evolution Of Compassion

Becoming Kuan YinHow Compassion Made Us HumanThe Oxford Handbook of Compassion ScienceThe Compassionate Instinct: The Science of Human GoodnessEvolution of EvolutionWhy Buddhism Is TrueField of CompassionApproaches To EmotionTowards the Compassionate UniversityA Secure BaseMothers and OthersBorn to Be Good: The Science of a Meaningful LifeMindful CompassionThe Oxford Handbook of Evolution and the EmotionsTwelve Steps to a Compassionate LifeEmpathyThe Compassionate MindThe Neuroscience of Empathy, Compassion, and Self-CompassionRuthless CompassionCompassion Focused TherapySoul EvolutionA Scientific Framework for Compassion and Social JusticeCompassionHow Compassion Made Us HumanEvolution Gone WrongBoomeritisSpiritual EvolutionBodhisattva of CompassionIgnoring Nature No MoreThe Archaeology of Human OriginsThe ACT Practitioner's Guide to the Science of CompassionVisions of CompassionThe Evolution of Sympathy in the Long Eighteenth CenturyMotivation and EmotionPathological AltruismThe Wiley Blackwell Handbook of Forensic NeuroscienceCompassionThe Cambridge Handbook of Evolutionary Perspectives on Human BehaviorEvolutionary AstrologyHandbook of the Psychology of Self-Forgiveness Stephen Levine Penelope Spikins Emma M. Seppälä Dacher Keltner Richard Littleton Guerrant Robert Wright Judy Cannato Klaus R. Scherer Kathryn Waddington John Bowlby Sarah Blaffer Hrdy Dacher Keltner Paul Gilbert Laith Al-Shawaf Karen Armstrong Jean Decety Paul Gilbert Larry Charles Stevens Robert N. Linrothe Paul Gilbert Kamia Shepherd Jacob A. Sadavoy Paul Gilbert Penny Spikins Alex Bezzerides Ken Wilber George Vaillant John Blofeld Marc Bekoff Glynn Llywelyn Isaac Dennis Tirch Richard J. Davidson Jonathan Lamb Donald G. Stein Barbara Oakley Anthony R. Beech Ilia Delio Lance Workman Deva Green Lydia Woodyatt

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in his long career as a poet buddhist teacher spiritual advisor and writer stephen levine has changed our understanding of death and dying in becoming kuan yin levine s first new book in many years he turns to the legend of kuan yin the bodhistitva venerated by east asian buddhists for her compassion in becoming kuan yin levine shares the tale of miao shan born centuries ago to a cruel king who wanted her to marry a wealthy but uncaring man this is the story of how miao shan refused to follow the path her father had in mind and instead became kuan yin the first acknowledged female buddha who watches over the dying and those who work with them levine weaves together story and practice and helps readers discover their own infinite capacity for mercy and compassion under difficult circumstances this book will have resonance for kuan yin s millions of followers

an intriguing look at how our capacity to care about and connect with others has contributed to our evolutionary success as a species our ability to care about the wellbeing of others whether they are close family or strangers can appear to be unimportant in today s competitive societies but in this volume archaeologist penny spikins argues that compassion lies at the heart of what makes us human she takes us on a journey from the earliest stone age societies two million years ago to the lives of neanderthals in ice age europe using archaeological evidence to illustrate the central role that emotional connections had in human evolution simple acts of kindness left to us from millions of years ago provide evidence for how social emotions and morality evolved and how our capacity to reach out beyond ourselves into the lives of others allowed us to work together for a common good and form the basis for human success

how do we define compassion is it an emotional state a motivation a dispositional trait or a cultivated attitude how does it compare to altruism and empathy chapters in this handbook present critical scientific evidence about compassion in numerous conceptions all of these approaches to thinking about compassion are valid and contribute importantly to understanding how we respond to others who are suffering covering multiple levels of our lives and self concept from the individual to the group to the organization and culture the oxford handbook of compassion science gathers evidence and models of compassion that treat the subject of compassion science with careful scientific scrutiny and concern it explores the motivators of compassion the effect on physiology the co occurrence of wellbeing and compassion training interventions sectioned by thematic approaches it pulls together basic and clinical research ranging across neurobiological developmental evolutionary social clinical and applied areas in psychology such as business and education in this sense it comprises one of the first multidisciplinary and systematic approaches to examining compassion from multiple perspectives and frames of reference with contributions from well established scholars as well as young rising stars in the field this handbook bridges a wide variety of diverse perspectives research methodologies and theory and provides a foundation for this new and rapidly growing field it should be of great value to the new generation of basic and applied researchers examining compassion and serve as a catalyst for academic researchers and students to support and develop the modern world

leading scientists and science writers reflect on the life changing perspective changing new science of human goodness where once science painted humans as self seeking and warlike today scientists of many disciplines are uncovering the deep roots of human goodness at the forefront of this revolution in scientific understanding is the greater good science center based at the university of california berkeley the center fuses its cutting edge research with inspiring stories of compassion in action in greater good magazine the best of these writings are collected here and contributions from steven pinker robert sapolsky paul ekman michael pollan and the dalai lama among others will make you think not only about what it means to be happy and fulfilled but also what it means to lead an ethical and compassionate life

numerous scholarly articles and books have been written about biologic and social evolution compassion life s meaning violence and predictions of future outcomes however what is not often addressed but is increasingly desperately needed

is the realization of the evolutionary survival value of caring for others this book strives to link our humanities and religious philosophies to a scientific understanding of human destiny and provide a key to meaning in our lives though this idea has incubated for over two decades recent extremism in charlottesville and global threats of inhumanity and violence make this more timely than ever for all who care about who we are and our children s future furthermore our capacity for benefit or destruction of homo sapiens or civilization as we know it sets a ticking timer on the urgency of this realization and focused action we don t have forever to get it

new york times bestseller from one of america s greatest minds a journey through psychology philosophy and lots of meditation to show how buddhism holds the key to moral clarity and enduring happiness robert wright famously explained in the moral animal how evolution shaped the human brain the mind is designed to often delude us he argued about ourselves and about the world and it is designed to make happiness hard to sustain but if we know our minds are rigged for anxiety depression anger and greed what do we do wright locates the answer in buddhism which figured out thousands of years ago what scientists are only discovering now buddhism holds that human suffering is a result of not seeing the world clearly and proposes that seeing the world more clearly through meditation will make us better happier people in why buddhism is true wright leads readers on a journey through psychology philosophy and a great many silent retreats to show how and why meditation can serve as the foundation for a spiritual life in a secular age at once excitingly ambitious and wittily accessible this is the first book to combine evolutionary psychology with cutting edge neuroscience to defend the radical claims at the heart of buddhist philosophy with bracing honesty and fierce wisdom it will persuade you not just that buddhism is true which is to say a way out of our delusion but that it can ultimately save us from ourselves as individuals and as a species

the best selling author of radical amazement articulates a transforming vision of spirituality that examines the intricate connectedness of the physical and spiritual worlds a phenomenon she calls the field of compassion in the tradition of teilhard de chardin and thomas berry judy cannato invites spiritual seekers to embrace the way in which an understanding of religion and the spiritual path is informed and illumined by cutting edge science cannato s newest book is a must read for those interested in how the new cosmology and the christian story can be understood in harmony with one another she shows how modern scientific discoveries demonstrate that at the most fundamental of levels all life is connected and that humankind participates in the unfolding of the universe this book s compelling and radical call to transformation will inspire readers to choose collaboration and peace over competition and conflict

this sourcebook is intended as a reader in the fullest sense of that word a work that offers researchers and students alike the opportunity to examine the many different aspects and widely divergent approaches to the study of emotion the contributors include samples of biological ontogenetic ethological psychological sociological and anthropological approaches

this book makes a significant contribution to the need for compassion in the 21st century neoliberal university compassion is a process that involves i noticing that suffering is present in an organization ii making meaning of suffering in a way that contributes to a desire to alleviate it iii feeling empathic concern and iv taking action there is increasing recognition of the crucial role of compassion as a core concern in education health and social care and globally to ensure the future sustainability of humankind and the planet drawing upon a wide range of interdisciplinary theoretical and professional perspectives including social sciences modern darwinism intersectionality higher education policy and organization studies the book addresses the key challenges facing 21st century universities for example intersectionality and higher education staff and student health and well being and responding to global challenges such as the coronavirus pandemic the book is relevant to university leaders policy makers educators researchers university staff and students aspiring to develop their own understanding of the role of compassion in professional life it is an important marker of the compassion

turn in higher education and what this means for contemporary academic leadership followership and pedagogical practice

in this collection of lectures dr bowlby describes recent findings and gives an outline of the main features of attachment theory now widely recognised as a most productive conceptual framework within which to organise the evidence in the final lecture he shows how this knowledge when applied to analytically oriented psychotherapy helps both to clarify the aims of therapy and to guide the therapist in his or her own work this collection will be welcomed by students as a lucid introduction to the field by professionals who are still unfamiliar with recent developments as well as by those eager to extend their existing knowledge

somewhere in africa more than a million years ago a line of apes began to rear their young differently than their great ape ancestors from this new form of care came new ways of engaging and understanding each other how such singular human capacities evolved and how they have kept us alive for thousands of generations is the mystery revealed in this bold and wide ranging new vision of human emotional evolution mothers and others finds the key in the primatologically unique length of human childhood if the young were to survive in a world of scarce food they needed to be cared for not only by their mothers but also by siblings aunts fathers friends and with any luck grandmothers out of this complicated and contingent form of childrearing sarah hrady argues came the human capacity for understanding others mothers and others teach us who will care and who will not from its opening vision of apes on a plane to descriptions of baby care among marmosets chimpanzees wolves and lions to explanations about why men in hunter gatherer societies hunt together mothers and others is compellingly readable but it is also an intricately knit argument that ever since the pleistocene it has taken a village to raise children and how that gave our ancient ancestors the first push on the path toward becoming emotionally modern human beings

a landmark book in the science of emotions and its implications for ethics and human universals library journal starred review in this startling study of human emotion dacher keltner investigates an unanswered question of human evolution if humans are hardwired to lead lives that are nasty brutish and short why have we evolved with positive emotions like gratitude amusement awe and compassion that promote ethical action and cooperative societies illustrated with more than fifty photographs of human emotions born to be good takes us on a journey through scientific discovery personal narrative and eastern philosophy positive emotions keltner finds lie at the core of human nature and shape our everyday behavior and they just may be the key to understanding how we can live our lives better some images in this ebook are not displayed owing to permissions issues

are you ready to transform your mind and emotions to cultivate compassion stability self confidence and well being if so get ready to change the way you experience your life with this highly anticipated approach using mindfulness and compassion therapists have long been aware of mindfulness as a powerful attention skill that can help us live with greater clarity and awareness but mindfulness alone is not enough to completely change the way a brain works in order to fully thrive we require motivation compassion like anger or aggression is an extremely powerful motivational force that can bring about real lasting change written by the founder of compassion focused therapy cft paul gilbert and former buddhist monk choden mindful compassion is a unique blending of evolutionary and buddhist psychology in this breakthrough book you ll learn how traditional mindfulness and compassion can work in harmony to offer a new effective and practical approach to overcoming everyday emotional and psychological problems if you are ready to end toxic self criticism heal trauma and shame feel worthy and loveable and be kinder to yourself and others this book can show you the way

in this handbook laith al shawaf and todd k shackelford have gathered a group of leading scholars in the field to present a centralized resource for researchers and students wishing to understand emotions from an evolutionary perspective experts from a number of different disciplines including psychology biology anthropology psychiatry and others tackle a variety of how proximate and why ultimate questions about the function of emotions in humans and nonhuman animals how emotions work and their place in human life comprehensive and integrative in nature this handbook is an essential resource for students and scholars from a diversity of fields wishing to build upon their theoretical and empirical understanding of the emotions

one of the most original thinkers on the role of religion in the modern world and the bestselling author of such acclaimed books as a history of god islam and buddha now gives us a thoughtful and thought provoking book that can help us make the world a more compassionate place karen armstrong believes that while compassion is intrinsic in all human beings each of us needs to work diligently to cultivate and expand our capacity for compassion here she sets out a program that can lead us toward a more compassionate life the twelve steps armstrong suggests begin with learn about compassion and close with love your enemies in between she takes up compassion for yourself mindfulness suffering sympathetic joy the limits of our knowledge of others and concern for everybody she suggests concrete ways of enhancing our compassion and putting it into action in our everyday lives and provides as well a reading list to encourage us to hear one another s narratives throughout armstrong makes clear that a compassionate life is not a matter of only heart or mind but a deliberate and often life altering commingling of the two

recent work on empathy theory research and applications by scholars from disciplines ranging from neuroscience to psychoanalysis there are many reasons for scholars to investigate empathy empathy plays a crucial role in human social interaction at all stages of life it is thought to help motivate positive social behavior inhibit aggression and provide the affective and motivational bases for moral development it is a necessary component of psychotherapy and patient physician interactions this volume covers a wide range of topics in empathy theory research and applications helping to integrate perspectives as varied as anthropology and neuroscience the contributors discuss the evolution of empathy within the mammalian brain and the development of empathy in infants and children the relationships among empathy social behavior compassion and altruism the neural underpinnings of empathy cognitive versus emotional empathy in clinical practice and the cost of empathy taken together the contributions significantly broaden the interdisciplinary scope of empathy studies reporting on current knowledge of the evolutionary social developmental cognitive and neurobiological aspects of empathy and linking this capacity to human communication including in clinical practice and medical education

leading depression authority paul gilbert presents the compassionate mind a breakthrough book integrating evolutionary psychology new insights from neuroscience and mindfulness practice this combination of techniques forms a new therapy called compassion focused therapy that can enhance readers lives

the neuroscience of empathy compassion and self compassion provides contemporary perspectives on the three related domains of empathy compassion and self compassion ecs it informs current research stimulates further research endeavors and encourages continued and creative philosophical and scientific inquiry into the critical societal constructs of ecs examining the growing number of electrocortical eeg power spectral coherence evoked potential etc studies and the sizeable body of exciting neuroendocrine research e g oxytocin dopamine etc that have accumulated over decades this reference is a unique and comprehensive approach to empathy compassion and self compassion provides perspectives on empathy compassion and self compassion ecs including discussions of cruelty torture killings homicides suicides terrorism and other examples of empathy compassion erosion addresses autonomic nervous system vagal reflections of ecs

discusses recent findings and understanding of ecs from mirror neuron research covers neuroendocrine manifestations of ecs and self compassion and the neuroendocrine enhancement examines the neuroscience research on the enhancement of ecs includes directed meditations mindfulness mantra metta etc and their effects on ecs and the brain

the historical development of esoteric buddhism in india is still known only in outline a few verifiably early texts do give some insight into the origin of the ideas which would later develop and spread to east and southeast asia and to tibet however there is another kind of evidence which can be harnessed to the project of reconstructing the history of esoteric buddhist doctrines and practice this evidence consists of art objects mainly sculpture which survive in significant numbers from the 6th to the 13th century

compassion focused therapy clinical practice and applications offers evidence based guidance and extensive insight into the science behind compassion focused therapy the first section of the book explores the evolution and physiological infrastructures of caring and how compassion arises when humans use their complex cognitive competencies to address suffering deliberately and intentionally with this framework and basis the next sections of the book explore cft applied to groups specific interventions such as chair work the importance of applying the principles of the therapy to oneself the cft therapeutic relationship and a chapter offering a systematic review of the evidence for cft the third section offers a series of multi authored chapters on interventions for a range of different mental health problems such as depression anxiety trauma and many others being the first major clinical book on compassion focused therapy with leading international researchers and clinicians addressing central problems this landmark publication will appeal to psychotherapists from a variety of schools as well as being a vital resource for compassion focused therapists

soul evolution is a book for optimists it is a book for everyone who believes in the divine in any and every form it is for anyone who faces our collective present and future with hope and belief in the limitless possibility for greater good that simply being alive has already empowered us with with tenderness wisdom fierce faith and humor kamia shepherd offers access to the divine consciousness both within and without through insightful narrative meaningful anecdotes and powerful prayers informed by angels and ascended masters guided by light and written with love soul evolution takes readers down a path of transformation transcendence and connection in doing so this book defies every cultural narrative that reduces our human potential homogenizes our uniqueness and stifles our spirit this profoundly exciting book will enliven readers with renewed purpose and love for life soul evolution will assist readers in re discovering their soul path and provide the prayers and support to walk it

a scientific framework for compassion and social justice provides readers with an in depth understanding of the behavior analytic principles that maintain social justice issues and highlights behavior analytic principles that promote self awareness and compassion expanding on the goals of the field of applied behavioral analysis aba this collection of essays from subject matter experts in various fields combines personal experiences scientific explanations and effective strategies to promote a better existence a better world chapters investigate the self imposed barriers that contribute to human suffering and offer scientific explanations as to how the environment can systematically be shaped and generate a sociocultural system that promotes harmony equality fulfilment and love the goal of this text is to help the reader focus overwhelming feelings of confusion and upheaval into action and to make a stand for social justice while mobilizing others to take value based actions the lifelong benefit of these essays extends beyond aba practitioners to readers in gender studies diversity studies education public health and other mental health fields

what is compassion how does it affect the quality of our lives and how can we develop compassion for ourselves and others humans are capable of extreme cruelty but also considerable compassion often neglected in western psychology this book looks at how compassion may have evolved and is linked to various capacities such as sympathy empathy forgiveness and warmth exploring the effects of early life experiences with families and peers this book outlines how developing compassion for self and others can be key to helping people change recover and develop ways of living that increase well being focusing on the multi dimensional nature of compassion international contributors explore integrative evolutionary social constructivist cognitive and buddhist approaches to compassion consider how and why cruelty can flourish when our capacities for compassion are turned off especially in particular environments focus on how therapists bring compassion into their therapeutic relationship and examine its healing effects describe how to help patients develop inner warmth and compassion to help alleviate psychological problems compassion provides detailed outlines of interventions that are of particular value to psychotherapists and counsellors interested in developing compassion as a therapeutic focus in their work it is also of value to social scientists interested in pro social behaviour and those seeking links between buddhist and western psychology

our capacity to care about the well being of others whether they are close family or strangers can appear to be unimportant in today s competitive societies however in this volume penny spikins argues that compassion lies at the heart of what makes us human she takes us on a journey from the earliest stone age societies two million years ago to the lives of neanderthals in ice age europe using archaeological evidence to illustrate the central role that emotional connections had in human evolution simple acts of kindness left to us from millions of years ago provide evidence for how social emotions and morality evolved and how our capacity to reach out beyond ourselves into the lives of others allowed us to work together for a common good and form the basis for human success

an unforgettable journey through this twisted miracle of evolution we call our body spike carlsen author of a walk around the block from blurry vision to crooked teeth acls that tear at alarming rates and spines that seem to spend a lifetime falling apart it s a curious thing that human beings have beaten the odds as a species after all we re the only survivors on our branch of the tree of life the flaws in our makeup raise more than a few questions and this detailed foray into the many twists and turns of our ancestral past includes no shortage of curiosity and humor to find the answers why is it that human mothers have such a life endangering experience giving birth why are there entire medical specialties for teeth and feet and why is it that human babies can t even hold their heads up but horses are trotting around minutes after they re born in this funny wide ranging and often surprising book biologist alex bezzerides tells us just where we inherited our adaptable achy brilliant bodies in the process of evolution

ken wilber s latest book is a daring departure from his previous writings a highly original work of fiction that combines brilliant scholarship with tongue in cheek storytelling to present the integral approach to human development that he expounded in more conventional terms in his recent a theory of everything the story of a naïve young grad student in computer science and his quest for meaning in a fragmented world provides the setting in which wilber contrasts the alienated flatland of scientific materialism with the integral vision which embraces body mind soul and spirit in self culture and nature the book especially targets one of the most stubborn obstacles to realizing the integral vision a disease of egocentrism and narcissism that wilber calls boomeritis because it seems to plague the baby boomer generation most of all through a series of sparkling seminar lectures skillfully interwoven with the hero s misadventures in the realms of sex drugs and popular culture all of the major tenets of extreme postmodernism are criticized and exemplified including the author s having a bad case of boomeritis himself parody intellectual slapstick and a mind twisting surprise ending

unite to produce a highly entertaining summary of the work of cutting edge theorists in human development from around the world

in our current era of holy terror passionate faith has come to seem like a present danger writers such as richard dawkins sam harris and christopher hitchens have been happy to throw the baby out with the bathwater and declare that the danger is in religion itself god hitchens writes is not great but man according to george e vaillant m d is great in spiritual evolution dr vaillant lays out a brilliant defense not of organized religion but of man s inherent spirituality our spirituality he shows resides in our uniquely human brain design and in our innate capacity for emotions like love hope joy forgiveness and compassion which are selected for by evolution and located in a different part of the brain than dogmatic religious belief evolution has made us spiritual creatures over time he argues and we are destined to become even more so spiritual evolution makes the scientific case for spirituality as a positive force in human evolution and he predicts for our species an even more loving future vaillant traces this positive force in three different kinds of evolution the natural selection of genes over millennia of course but also the cultural evolution within recorded history of ideas about the value of human life and the development of spirituality within the lifetime of each individual for thirty five years dr vaillant directed harvard s famous longitudinal study of adult development which has followed hundreds of men over seven decades of life the study has yielded important insights into human spirituality and dr vaillant has drawn on these and on a range of psychological research behavioral studies and neuroscience and on history anecdote and quotation to produce a book that is at once a work of scientific argument and a lyrical meditation on what it means to be human spiritual evolution is a life s work and it will restore our belief in faith as an essential human striving

she is the embodiment of selfless love the supreme symbol of radical compassion and for more than a millennium throughout asia she has been revered as the one who hearkens to the cries of the world kuan yin is both a buddhist symbol and a beloved deity of chinese folk religion john blofeld s classic study traces the history of this most famous of all the bodhisattvas from her origins in india as the male figure avalokiteshvara to tibet china and beyond along the way highlighting her close connection to other figures such as tara and amitabha the account is full of charming stories of blofeld s encounters with kuan yin s devotees during his journeys in china the book also contains meditation and visualization techniques associated with the bodhisattva of compassion and translations of poems and yogic texts devoted to her

for far too long humans have been ignoring nature as the most dominant overproducing overconsuming big brained big footed arrogant and invasive species ever known we are wrecking the planet at an unprecedented rate and while science is important to our understanding of the impact we have on our environment it alone does not hold the answers to the current crisis nor does it get people to act in ignoring nature no more marc bekoff and a host of renowned contributors argue that we need a new mind set about nature one that centers on empathy compassion and being proactive this collection of diverse essays is the first book devoted to compassionate conservation a growing global movement that translates discussions and concerns about the well being of individuals species populations and ecosystems into action written by leading scholars in a host of disciplines including biology psychology sociology social work economics political science and philosophy as well as by locals doing fieldwork in their own countries the essays combine the most creative aspects of the current science of animal conservation with analyses of important psychological and sociocultural issues that encourage or vex stewardship the contributors tackle topics including the costs and benefits of conservation behavioral biology media coverage of animal welfare conservation psychology and scales of conservation from the local to the global taken together the essays make a strong case for why we must replace our habits of domination and exploitation with compassionate conservation if we are to make the world a better place for nonhuman and human animals alike

a collection of the most influential papers of the late glynn isaac

acceptance and commitment therapy act is proven effective in the treatment of an array of disorders including addiction depression anxiety self harm eating disorders and more evidence shows that mindfulness and acceptance exercises help clients connect with the moment uncover their true values and commit to positive change but did you know that compassion focused exercises can also greatly increase clients psychological flexibility more and more therapists are finding that the act of compassion both towards oneself and towards others can lead to greater emotional and physical well being increased distress tolerance and a broader range of effective responses to stressful situations one of the best advantages of compassion focused methods is how easily they can be integrated into an act approach an important addition to any act professional s library the act practitioner s guide to the science of compassion explores the emotionally healing benefits of compassion focused practices when applied to traditional acceptance and commitment therapy act this book offers case conceptualization assessments and direct clinical applications that integrate act functional analytic psychotherapy and compassion focused therapy to enhance your clinical practice this is the first book on the market to provide an in depth discussion of compassion in the context of act and other behavioral sciences the integrative treatment model in this book provides powerful transdiagnostic tools and processes that will essentially build bridges across therapies if you are ready for a new easily integrated range of techniques that can be used for a variety of treatment applications this guide will prove highly useful and if you are looking to build on your previous experience with cognitive and behavioral therapies this book will help to enhance your treatment sessions with clients and increase their psychological flexibility

science and compassion examines how the views of western behavioural science hold up to scrutiny by tibetan buddhists an essay by the dalai lama reveals his views on human nature offering a useful exposition of the buddhist point of view hc

this work represents a concise history of sympathy in the eighteenth and early nineteenth centuries considering the phenomenon of shared feeling from five related angles charity the market global exploration theatre and torture

pathological altruism is a groundbreaking new book the first to explore the negative aspects of altruism and empathy seemingly uniformly positive traits in fact pathological altruism in the form of an unhealthy focus on others to the detriment of one s own needs may underpin some personality disorders hyperempathy an excess of concern for what others think and how they feel helps explain popular but poorly defined concepts such as codependency the contributing authors of this book provide a scientific social and cultural foundation for the subject of pathological altruism creating a new field of inquiry each author s approach points to one disturbing truth what we value so much the altruistic good side of human nature can also have a dark side that we ignore at our peril

explores how the explosion of neuroscience based evidence in recent years has led to a fundamental change in how forensic psychology can inform working with criminal populations this book communicates knowledge and research findings in the neurobiological field to those who work with offenders and those who design policy for offender rehabilitation and criminal justice systems so that practice and policy can be neurobiologically informed and research can be enhanced starting with an introduction to the subject of neuroscience and forensic settings the wiley blackwell handbook of forensic neuroscience then offers in depth and enlightening coverage of the neurobiology of sex and sexual

attraction aggressive behavior and emotion regulation the neurobiological bases to risk factors for offending such as genetics developmental alcohol and drugs and mental disorders and the neurobiology of offending including psychopathy antisocial personality disorders and violent and sexual offending the book also covers rehabilitation techniques such as brain scanning brain based therapy for adolescents and compassion focused therapy the book itself covers a wide array of neuroscience research chapters by renowned neuroscientists and criminal justice experts topics covered include the neurobiology of aggressive behavior the neuroscience of deception genetic contributions to psychopathy and neuroimaging guided treatment offers conclusions for practitioners and future directions for the field the handbook of forensic neuroscience is a welcome book for all researchers practitioners and postgraduate students involved with forensic psychology neuroscience law and criminology

what is compassion and how does it emerge in the human heart what moves one to compassion can we learn compassion as a way of life can we let go of our fears to love more deeply compassion guides us through the life of francis tracing his growth from a selfish materialistic young man to the humble holy saint beloved by millions with this book as your guide you can do simple things every day to discover a more compassionate open fearless and loving life just as st francis did

the transformative wave of darwinian insight continues to expand throughout the human sciences while still centered on evolution focused fields such as evolutionary psychology ethology and human behavioral ecology this insight has also influenced cognitive science neuroscience feminist discourse sociocultural anthropology media studies and clinical psychology this handbook s goal is to amplify the wave by bringing together world leading experts to provide a comprehensive and up to date overview of evolution oriented and influenced fields while evolutionary psychology remains at the core of the collection it also covers the history current standing debates and future directions of the panoply of fields entering the darwinian fold as such the cambridge handbook of evolutionary perspectives on human behavior is a valuable reference not just for evolutionary psychologists but also for scholars and students from many fields who wish to see how the evolutionary perspective is relevant to their own work

as the indicator of transformation and the starting point for understanding all factors in the natal chart pluto is one of the most important planets to focus on in chart analysis inspired by the bestselling pluto volumes 1 and 2 by the author s father jeffrey wolf green renowned astrologer and founder of evolutionary astrology this groundbreaking book takes that original work to new heights and makes the study of evolutionary astrology clear and practical for modern day use this inspiring book teaches you the key essentials of chart interpretation by focusing on pluto and the locations of your north and south nodes so you can figure out the steps you need to take in order to grow and ultimately discover your soul s karmic mission

the present volume is a ground breaking and agenda setting investigation of the psychology of self forgiveness it brings together the work of expert clinicians and researchers working within the field to address questions such as why is self forgiveness so difficult what contexts and psychological experiences give rise to the need for self forgiveness what approaches can therapists use to help people process difficult experiences that elicit guilt shame and self condemnation how can people work through their own failures and transgressions assembling current theories and findings this unique resource reviews and advances our understanding of self forgiveness and its potentially critical function in interpersonal relationships and individual emotional and physical health the editors begin by exploring the nature of self forgiveness they consider its processes causes and effects how it may be measured and its potential benefits to theory and

psychotherapy expert clinicians and researchers then examine self forgiveness in its many facets as a response to guilt and shame a step toward processing transgressions a means of reducing anxiety and an essential component of or under some circumstances a barrier to psychotherapeutic intervention contributors also address self forgiveness as applied to diverse psychosocial contexts such as addiction and recovery couples and families healthy aging the workplace and the military among the topics in the handbook an evolutionary approach to shame based self criticism self forgiveness and compassion working through psychological needs following transgressions to arrive at self forgiveness self forgiveness and health a stress and coping model self forgiveness and personal and relational well being self directed intervention to promote self forgiveness understanding the role of forgiving the self in the act of hurting oneself the handbook of the psychology of self forgiveness serves many healing professionals it covers a wide range of problems for which individuals often seek help from counselors clergy social workers psychologists and physicians research psychologists philosophers and sociologists studying self forgiveness will also find it an essential handbook that draws together the advances made over the past several decades and identifies important directions for the road ahead

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Is Spain Subtropical? A Mediterranean Maze of Microclimates

Let's face it: slapping a single climate label on a country the size of Spain is like trying to fit a square peg into a round hole. While we often hear “Mediterranean climate” tossed around, the reality is far more nuanced. Is Spain subtropical? The answer, as we’ll unravel, is a fascinating “yes, but. . .”. It’s a story woven from diverse geography, sun-drenched coastlines, soaring mountains, and surprisingly chilly inland plains. Prepare for a journey into the climatic tapestry of Spain!

The Mediterranean Baseline: Sun, Sea, and Seasonal Extremes

Spain largely sits within the Mediterranean climate zone, characterized by hot, dry summers and mild, wet winters. Think of the iconic images: sun-drenched beaches of the Costa del Sol, rolling vineyards of La Rioja, and the snow-capped peaks of the Sierra Nevada. These are all facets of the Mediterranean, but the intensity and variations within it are vast. The Mediterranean climate, itself, encompasses a spectrum of sub-classifications, blurring the lines with truly subtropical characteristics in specific regions. For instance, the coastal areas of southern Spain, particularly Andalusia, experience consistently warm winters rarely dipping below freezing, a key indicator often associated with subtropical climates. The city of Malaga, for example, boasts an average January temperature of around 13°C (55°F), far warmer than many locations considered "temperate."

The Subtropical Influence: Canary Islands and Southern Coastline

Now, let's zoom in on the "subtropical" aspect. While mainland Spain doesn't entirely fit the classic definition of a subtropical climate, certain regions undeniably exhibit strong subtropical influences. The Canary Islands, for example, are volcanic jewels situated off the coast of Africa, basking in the embrace of the subtropics. Their unique location and trade wind patterns result in a remarkably consistent, warm climate year-round, with limited rainfall and lush vegetation thriving in the volcanic soil. This is a textbook example of a subtropical climate, significantly different from even the warmest parts of mainland Spain. On the mainland, southern coastal areas of Andalusia and parts of Murcia experience high summer temperatures, reminiscent of subtropical regions, due to their proximity to the African continent and lower latitudes. The prolonged period of warmth, combined with sunshine hours comparable to other subtropical regions, contributes to this subtropical feel.

Mountains and Inland Variations: A Climate Jigsaw Puzzle

However, Spain's geography throws a significant wrench into the simplistic "subtropical" label. The imposing Sierra Nevada mountains in the south, for example, create significant variations in climate, even within short distances. High altitudes experience significantly colder temperatures and snowfall, a stark contrast to the warmth of the nearby coastal plains. Similarly, inland regions, particularly those in the central plateau (Meseta Central), experience a more continental climate with hotter summers and colder winters, often featuring substantial temperature fluctuations between day and night. This continental influence diminishes the subtropical aspects, showcasing a climate more akin to a dry-summer subtropical but with increased temperature range.

Defining Subtropical: A Matter of Interpretation

The challenge in classifying Spain's climate lies in the definition of "subtropical" itself. There is no single, universally agreed-upon threshold. Some definitions emphasize year-round warmth, while others focus on specific temperature ranges, rainfall patterns, or vegetation types. Spain's climate features elements of multiple classifications. Therefore, concluding whether a location is subtropical depends on the specific criteria employed. While parts of Spain exhibit some strong subtropical features, the country as a whole displays a fascinating blend of Mediterranean and continental influences, making a blanket statement tricky.

Conclusion: A Climate of Complexity

So, is Spain subtropical? The answer is a nuanced yes and no. While parts, particularly the Canary Islands and the southern coastal regions, possess clear subtropical characteristics, others experience distinctly different climates. Spain's diverse geography leads to a patchwork of microclimates, making generalizations unreliable. Understanding the complexities of Spain's climate requires looking beyond simplistic labels and appreciating the subtle interplay of geographical features and prevailing weather patterns.

Expert FAQs:

1. What Köppen climate classification best describes most of Spain? While parts lean towards subtropical (Cfa, Csa), the most prevalent classifications are Csa (hot-summer Mediterranean) and Csb (warm-summer Mediterranean), with Dsb (humid continental) in higher mountain areas. 2. How does altitude impact the subtropical characteristics in Spain? Higher altitudes lead to colder temperatures and increased rainfall, drastically reducing the subtropical feel. The Sierra Nevada provides a perfect example. 3. Which regions of Spain exhibit the strongest subtropical influence? The Canary Islands, Southern Andalusia (specifically coastal areas), and parts of Murcia experience the most pronounced subtropical characteristics. 4. What are the key differences between a Mediterranean and a subtropical climate in Spain's context? Mediterranean climates feature more pronounced seasonal temperature variations and distinct wet and dry seasons, while subtropical climates display greater year-round warmth and less marked seasonal contrast. 5. How does Spain’s climate impact its agriculture? The diverse climates support a wide range of crops, from citrus fruits and olives in the subtropical regions to grapes and cereals in more temperate areas. However, water scarcity in certain regions remains a significant challenge.

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