



An Open-Hearted Life: Transformative Methods for Compassionate Living from a Clinical Psychologist and a Buddhist Nun

Russell Kolts, Thubten Chodron

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A beloved Buddhist teacher and a psychologist specializing in Compassion-Focused Therapy (CFT) provide practical methods for living a life filled with compassion.

A life overflowing with compassion. It sounds wonderful in theory, but how do you do it? This guide provides practical methods to living with this wonderful quality, based on traditional Buddhist teachings and on methods from modern psychology--particularly a technique called Compassion-Focused Therapy (CFT). The methods presented by the two authors--a psychotherapist and a Tibetan Buddhist nun--turn out to have a good deal in common. In fact, they complement each other in wonderful ways. Each of the 64 short chapters ends with a reflection or exercise for putting compassion into practice in various life situations.

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