



Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self

By Anodea Judith

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Editorial Review

"Rather than presenting an esoteric borrowing from Indian culture, Judith employs the metaphoric language of the chakra system within the context of modern psychology. Her clear organization and numerous charts make browsing for subjects of personal relevance a breeze, and her comparison of the various maps of psychological development (Freudian, Piagetian, Eriksonian, Reichian, and others) is intriguing. The book provides a useful tool for contemplating our strengths, weaknesses, and appropriate approaches to growth."

-Yoga Journal

". . . [S]parkles with insight. Spiritual seeker, client, and therapist alike will find treasures here."-PanGaia magazine From the Publisher

* Revised edition of the groundbreaking New Age book that seamlessly integrates Western psychology and the Eastern chakra system, including a new introduction from the author. * Applies the chakra system to important modern social realities and issues such as addiction, codependence, family dynamics, sexuality, and personal empowerment. * Previous edition has sold more than 55,000 copies. About the Author ANODEA JUDITH, Ph.D., is a leading authority on the integration of chakras and therapeutic issues. She is the author of the chakra classic *Wheels of Life*, along with several other books, audio courses, and the video *The Illuminated Chakras*. She has a Ph.D. in health and human services, an M.A. in clinical psychology, and additional training in bioenergetics, trauma recovery, yoga therapy, and shamanism. She lives in Sebastopol, California, and travels extensively with trainings and workshops. Users Review

From reader reviews:

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