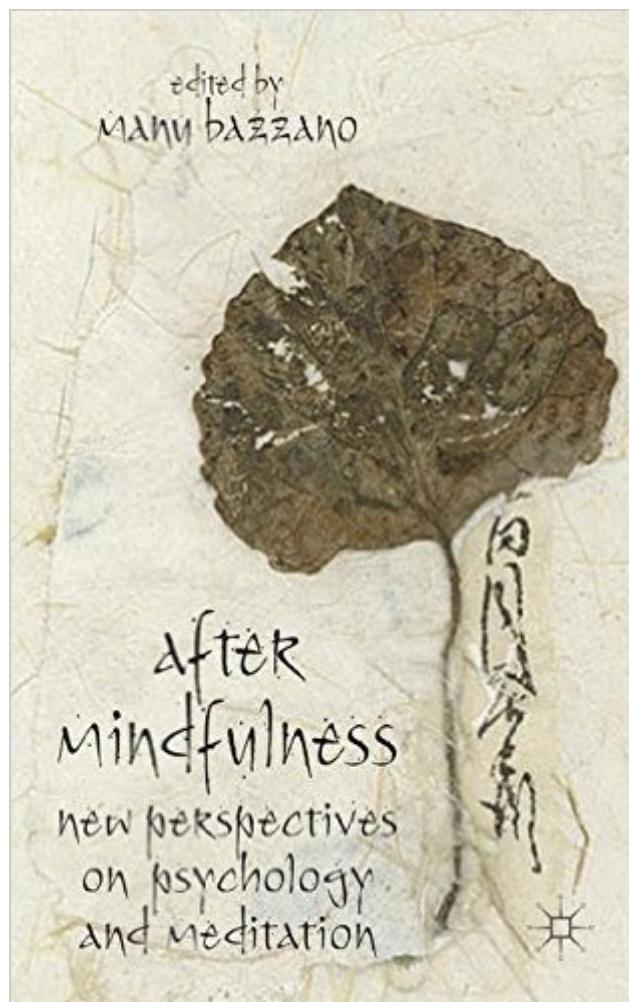


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Synopsis

This collection of essays by leading exponents of contemporary Buddhism and psychotherapy brings together appreciation and critical evaluation of Mindfulness, a phenomenon that has swept the mental health field over the last two decades. The sheer diversity and depth of expertise assembled here illuminate the current presentation of Mindfulness.

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