



Emotional Alchemy: How the Mind Can Heal the Heart

By Tara Bennett-Goleman

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“May this very important and enticing book find its way into the hearts of readers near and far so that it can perform its mysterious and healing alchemy for the benefit of all.” —John Kabat-Zinn, author of **Wherever You Go, There You Are** and

Professor of Medicine, University of Massachusetts Medical School

The Transformative Power of Mindfulness

Alchemists sought to transform lead into gold. In the same way, says Tara Bennett-Goleman, we all have the natural ability to turn our moments of confusion or emotional pain into insightful clarity.

Emotional Alchemy maps the mind and shows how, according to recent advances in cognitive therapy, most of what troubles us falls into ten basic emotional patterns, including fear of abandonment, social exclusion (the feeling that we don’t belong), and vulnerability (the feeling that some catastrophe will occur). This remarkable book also teaches us how we can free ourselves of such patterns and replace them with empathy for ourselves and others through the simple practice of mindfulness, an awareness that lets us see things as they truly are without distortion or judgment. Emotional Alchemy provides an insightful explanation of how mindfulness can change not only our lives, but the very structure of our brains, giving us the freedom to be more creative and alive.

Here is a beautifully rendered work full of Buddhist wisdom and stories of how people have used mindfulness to conquer their self-defeating habits. The result is a whole new way of approaching our relationships, work, and internal lives.



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Editorial Review

Amazon.com Review

According to ancient legends, alchemists use a magical philosopher's stone to transmute lead into gold. In *Emotional Alchemy*, Tara Bennett-Goleman shows readers how they can use this alchemist metaphor to transform emotional confusion (lead) into insightful clarity (gold). And what does the magic stone represent? "Mindfulness," a lifelong practice that can bring readers more joy and contentment than the gold, according to Bennett-Goleman. "Mindfulness means seeing things as they are without trying to change them," she writes. "The point is to dissolve our reactions to disturbing emotions, being careful not to reject the emotion itself."

Those who have never entered this practice will find a concise and articulate teacher in Bennett-Goleman, who leads national workshops with her husband, author Daniel Goleman (*Emotional Intelligence*). What make this book such an exciting breakthrough is Bennett-Goleman's ability to apply Buddhist mindfulness to Western psychology. She shows how emotional alchemy can be used to address typical habits, such as mistrust, fear of rejection, feeling unlovable. Readers will also find fascinating scientific facts on how emotional alchemy affects brain chemistry and even cancer survival. --Gail Hudson

From Publishers Weekly

"We all desire happiness and do not want suffering." The Dalai Lama introduces Bennett-Goleman's first book with this trademark refrain, adding the deceptively simple Buddhist truth that much suffering is caused by our "disturbing emotions." Bennett-Goleman, a psychotherapist and longtime student of Buddhist meditation, draws on decades of experience to elucidate how the Buddhist practices of nonjudgmental awareness or mindfulness and the cultivation of compassion can unclasp the grip of the most addictive and deeply entrenched emotional patterns. What sets Bennett-Goleman's work apart from other contributions to the emerging field of Buddhist-oriented psychotherapy is her particular expertise in "schema therapy," which applies the consciousness of thought patterns that characterizes cognitive therapy to the deep-seated emotional habits that are formed in childhood. Thus she shows readers how our habitual fears and defenses get triggered again and again in our relationships, mechanically perpetuating old pain and obscuring reality. The author offers anecdotes from her clinical work and from workshops she conducts with her husband, Daniel Goleman, author of the megabestseller *Emotional Intelligence*. While Bennett-Goleman will undoubtedly benefit from the huge interest in her husband's book and from the burgeoning market for applied Buddhist wisdom in general, her distinct power flows from her sincerity. She is not given to neat formulations, yet her stories have the persuasiveness of experience, of transformation drop by drop. "In Western psychology it is often said that one needs a strong ego," writes Bennett-Goleman. "But in the Buddhist sense what we need is strong confidence." Many readers will trust the path that she forges here. (Jan.) Forecast: Foreign rights to this title have been sold in Brazil, Denmark, France, Germany, Holland, Italy, Spain and Latin America, Sweden, Taiwan and the U.K. Given the excellence of the book, a planned major push from Harmony, and the obvious benefit of a title and author name approximating those of Daniel Goleman's *Emotional Intelligence*, hefty sales and major interest are likely

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From Library Journal

Science journalist Daniel Goleman's *Emotional Intelligence* began as a collaboration with Bennett-Goleman, his psychotherapist wife. Now they have produced the excellent *Emotional Alchemy*, which has a foreword by the Dalai Lama. Blending cognitive therapy, cognitive neuroscience, Buddhist psychology, and

meditation, Bennett-Goleman suggests that many people are ruled by maladaptive behaviors (schemas) stemming from childhood coping mechanisms. She investigates ten basic maladaptive behaviorsDfive used in close relationships and five for the larger communityDand also explains that schema therapy deals with four human responsesDthoughts, emotions, actions, and relationships. Each chapter ends with exercises designed to help the reader explore the root of the problem addressed. As more and more Americans come to expect quick fixes to problems, Bennett-Goleman sends an important message: the healing process is a slow one. Other books of interest on this subject are the Dalai Lama's *The Art of Happiness* (LJ 4/15/99) and Jon Kabat-Zinn's *Wherever You Go, There You Are* (LJ 12/91). Essential for public, academic, and health collections.DLisa Wise, Broome Cty. P.L., Binghamton, NY

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Users Review

From reader reviews:

Ellen Weiss:

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Eric Beasley:

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Timothy Williams:

Emotional Alchemy: How the Mind Can Heal the Heart can be one of your basic books that are good idea. We recommend that straight away because this publication has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to put every word into satisfaction arrangement in writing *Emotional Alchemy: How the Mind Can Heal the Heart* nevertheless doesn't forget the main position, giving the reader the hottest along with based confirm resource information that maybe you can be among it. This great information could drawn you into new stage of crucial considering.

Jennifer Klein:

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