



Metaskills: The Spiritual Art of Therapy (2nd)

By Amy Mindell

Lao Tse Press. Paperback / softback. Book Condition: new. BRAND NEW, Metaskills: The Spiritual Art of Therapy (2nd), Amy Mindell, Why is some therapy effective and some disappointing? Amy Mindell says it has to do with the subtle atmosphere created by therapists' unconscious feelings and attitudes. By tapping into their deepest beliefs about spirit, nature, and human development (metaskills), they can become more effective healers and spiritual teachers. Through years of researching husband Arnold Mindell's work with individuals, couples, and groups, Amy Mindell has identified a number of feeling attitudes which she amplifies here through analogies to Eastern traditions, the teachings of don Juan, and/or modern physics. She approaches the question of learning metaskills: Is it possible? How is it done? And she explains how the concept could revolutionize the vast field of psychotherapy. The book has numerous verbatim transcripts, as well as detailed theoretical and poetic explanations. In addition to offering helping professionals an inspiring new approach to working with people, this book will also be valuable to anyone interested in discovering the unconscious attitudes that can lead to a deeper self-knowledge and satisfaction in relationships.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**