



## The Zen of Helping: Spiritual Principles for Mindful and Open-Hearted Practice

By Andrew Bein

Times Group Books, New Delhi, India, 2010. Softcover. Book Condition: New. First Edition. This book is a call to the heart that ultimately addresses questions that are common in the real world of practice: how do practitioners deal with their own fight or flight reactions when they arise? To what degree does structuring helping interactions damage or enhance the ability to be spontaneous and responsive? How does the practitioner face the client's trauma and pain? Printed Pages: 368.



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