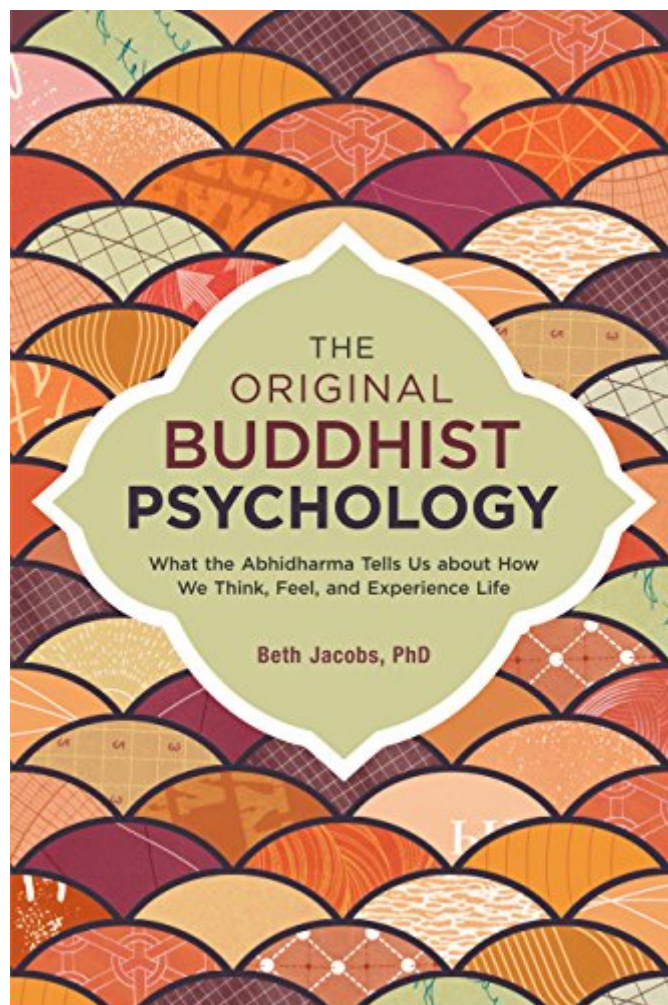


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# The Original Buddhist Psychology: What The Abhidharma Tells Us About How We Think, Feel, And Experience Life



## Synopsis

The Abhidharma, one of the three major text collections of the original Buddhist canon, frames the psychological system of Buddhism, explaining the workings of reality and the nature of the human mind. It is composed of detailed matrixes and lists that outline the interaction of consciousness and reality, the essence of perception and experience, and the reasons and methods behind mindfulness and meditation. Because of its complexity, the Abhidharma has traditionally been reserved only for academic or monastic study; now, for the first time, clinical psychologist Beth Jacobs brings this dynamic body of work to general readers, using practical explanation, personal stories, and vivid examples to gently untangle the technical aspects of the Abhidharma. Drawing on decades of experience as both a therapist and a Buddhist, Jacobs illuminates this classic area of Buddhist thought, highlighting the ways it can broaden and deepen our experience of the human psyche and offering profound insights into spiritual practice.

## Book Information

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## Customer Reviews

This is an excellent introduction to Buddhist psychology, the Abhidharma. In writing about the

complexity of our experience on a moment-by-moment basis, it would be tempting to oversimplify, to offer summations, to diminish life with breezy explanations. Beth Jacobs never does this. She uses the sources at hand, her own 21st century life and the writings of the early Buddhists who gave us the Abhidharma, to invite us to contemplate the largeness of our lives and those of others. There is elegance in this book, and humor, and a good and necessary dose of humility.

This insightful study of an ancient core Buddhist text, "The Abidharma," rings true for 21st century practitioners. The writing is crystalline, graceful and rich with practical examples. Beth combines her sensei wisdom with her psychotherapy skills to invite the reader into material many Buddhists might not realize is immediately vital to waking up. When reading I often stopped in order to directly practice the teachings about consciousness Beth explains. Such a treasure trove of startling relevance!

This a wonderfully, accesible resource for understanding how the human mind works and what drives behavior. A great addition to my collection of Buddhist text. Definitely worth reading not only for the comprehensive look at the Abhidharma but also the engaging examples and metaphores supplied by the author to bring these concepts to life in the present day.

What an extraordinary book this is. Beth Jacobs opens up the Abidharma (a profound, but difficult text) in a way that illuminates a new view of life itself. The writing is clear, engaging and practical. The insights are transformative. If you have any interest in applying Buddhism to psychology -- who hasn't? -- then you need to read this book as a foundational step.

When they brought Buddhism to the West they left a bunch of really interesting stuff behind because it was too complicated to decode. Jacobs has done the work and broken it down in an accessible and clear way. She is a trustworthy and delightful narrator. The book provides ample insight without reading as preachy or self-helpy. Fascinating stuff! Highly recommend!

Total waste of time. Really wanted to like this book, based on title. It's so elementary that only neophytes need apply.

Thank you

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