



Freud and Yoga: Two Philosophies of Mind Compared

By Hellfried Krusche, T. K. V. Desikachar

Farrar, Straus & Giroux Inc. Paperback. Book Condition: new. BRAND NEW, Freud and Yoga: Two Philosophies of Mind Compared, Hellfried Krusche, T. K. V. Desikachar, Yoga philosophy and Freud's revolutionary approach to psychology could not have been developed in more different times, places, or cultural conditions. And yet these two profound and dynamic systems of understanding human behaviour, emotions, perception, and what's essential in our existence have an astonishing amount to share. What we learn by comparing their similarities as well as their differences can enhance how we comprehend our lives and our potential for change. In Freud and Yoga, the great yoga master T.K.V. Desikachar and the eminent psychoanalyst Hellfried Krusche examine forty classic sayings, or s No. tras, from the vantage point of their respective disciplines. Through clear, candid conversations that draw on long experience and are illustrated by case studies from the clinic and the shala, these two experts explain the concepts, terms, forces, and processes in their traditions. Therapists and patients, yoga adepts and professionals, and readers interested in psychology and spirituality will find this unique investigation fascinating, enriching, and useful. In a time when Western and Eastern modalities have ever more to offer each other,...



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