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meditate for a reason,
perhaps to become a
better version of
ourselves or just to
get some peace and
calm in our lives.

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the more resilient and flexible we tend to be.

Books — Elliot Jurist, Ph.D., Ph.D.

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emotional

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to break down

"mentalized

affectivity" into

discrete processes

that therapists can

cultivate in session.

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welcomes emotions in
all of their

complexity--how they
manifest themselves

(for better or worse)
in everyday life, and

especially in

psychotherapy, and

how people might

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without

overstimulating their

ability to fathom

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