



# The Psychology of Yoga: Integrating Eastern and Western Approaches for Understanding the Mind

*Georg Feuerstein*

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## **The Psychology of Yoga: Integrating Eastern and Western Approaches for Understanding the Mind**

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**How the mind works according to the ancient yogic traditions, compared and contrasted to the approaches of Western psychology—by one of the greatest yoga scholars of our time.**

Georg Feuerstein begins the book by establishing the historical context of modern Western psychology and its gradual encounter with Indian thought, then follows this introduction with twenty-three chapters, each of which presents a topic--generally a point of correspondence or distinction--between Western and Eastern paradigms. These are grouped into three general sections: Foundations, Mind and Beyond, and Mind In Transition. The book concludes with a brief epilogue as well as three appendices, adding depth to the discussion of the ancient yoga traditions as well as an informative survey of yoga psychology literature. *The Psychology of Yoga* is a feast of wisdom and lore, assembled from a perspective possible only for one whose monumental scholarship has been tempered and leavened by practice.

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