



# **Buddhist Practice on Western Ground: Reconciling Eastern Ideals and Western Psychology**

*Harvey B. Aronson*

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This is the first book to offer Buddhist meditators a comprehensive and sympathetic examination of the differences between Asian and Western cultural and spiritual values. Harvey B. Aronson presents a constructive and practical assessment of common conflicts experienced by Westerners who look to Eastern spiritual traditions for guidance and support—and find themselves confused or disappointed. Issues addressed include:

- Our cultural belief that anger should not be suppressed versus the Buddhist teaching to counter anger and hatred
- Our psychotherapists' advice that attachment is the basis for healthy personal development and supportive relationships versus the Buddhist condemnation of attachments as the source of suffering
- Our culture's emphasis on individuality versus the Asian emphasis on interdependence and fulfillment of duties, and the Buddhist teachings on no-self, or egolessness

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