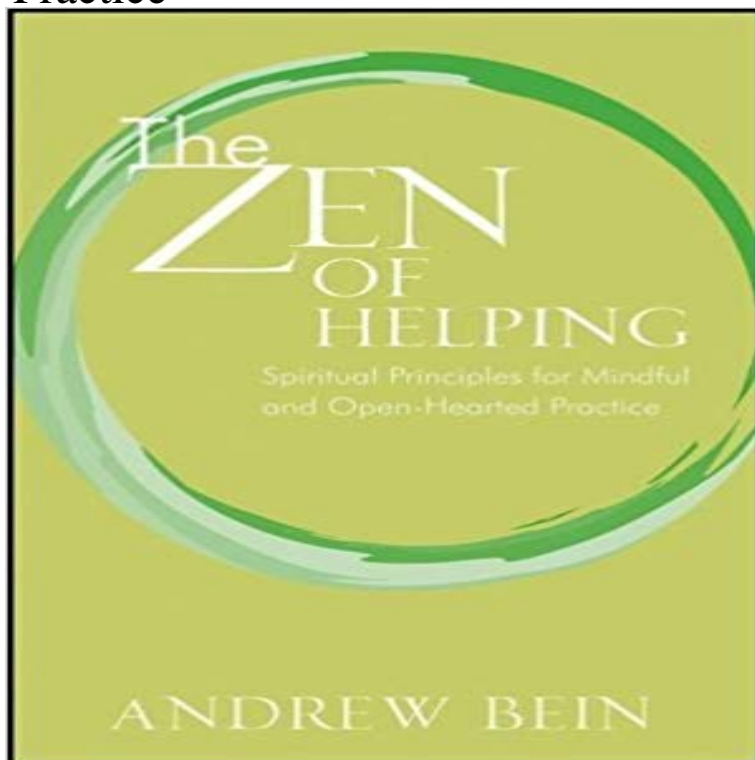


# The Zen of Helping: Spiritual Principles for Mindful and Open-Hearted Practice



Bring compassion, self-awareness, radical acceptance, practitioner presence, and caring to the relationships you have with your patients by utilizing the advice in *The Zen of Helping: Spiritual Principles for Mindful and Open-Hearted Practice*. As a mental health professional, you will appreciate the vivid metaphors, case examples, personal anecdotes, quotes and poems in this book and use them as a spiritual foundation for your professional practice. Connect Zen Buddhism with your human service and address issues like dealing with your own responses to your clients trauma and pain.

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