



## The Reality Between: A Buddhist Approach to Addiction, Grief, and Psychotherapy (Paperback)

By Kenneth A Lucas

iUniverse, United States, 2004. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In The Reality Between, author Ken Lucas takes up where Elisabeth Kubler-Ross left off. Lucas elegantly makes the case that although psychotherapists have limited the use of Kubler-Ross's Five Stages of Grief to physical death, patients can be taught to see anger, depression, and even addiction in their own grief context. The Reality Between shows how therapists can train themselves to hear the dozens of grief states their patients are experiencing at every single moment! Most psychotherapists fail to see their patients drowning in grief. Anger and depression are grief stages, not simply stressors or stand-alone issues. Most people die unhappily in the middle of Kubler-Ross's grief stages. As humans, we have a duty to become just as fluid and dynamic as the ever-changing world around us. Placing grief into a much larger, more fundamental Eastern context is a must for every psychotherapist.



**READ ONLINE**  
[ 6.19 MB ]

### Reviews

*This pdf is definitely worth getting. Better than never, though I am quite late in starting to read this one. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Jeramie Davis**

*I actually started out looking at this publication. It was actually written really perfectly and useful. It has been written in an extremely simple way and it is only soon after I finished reading through this pdf by which I really modified me, change the way I really believe.*

-- **Breanna Kerluke**