

## THE PSYCHOLOGY OF INNER PEACE

This book maps out the relationship between the discovery of heartfulness and the psychology of inner peace. It presents a rigorous psychological analysis of the underlying components of the psychology of inner peace and the role of innerness in addressing the nature of peace. Alternative theories are introduced that discuss the conceptualization of peace, and their merits are outlined in comparison to more mainstream psychological theories. The author highlights the inadequacies of mind-oriented theories on peace and demonstrates the concept of heartfulness to show how genuine peace can be achieved.

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*Discovering Heartfulness*

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Contents

Introduction	<i>page</i> 1
1 Peace	4
2 The Western Approach toward Inner Peace	9
3 Psychology of Peace in the Outer World	24
4 Langerian Mindfulness and Peace	28
5 Psychological Peace Finders	44
6 Peace and Innerness	55
7 Heartfulness	62
Epilogue	93
<i>Bibliography</i>	95
<i>Index</i>	116