



Crossroads in Psychoanalysis, Buddhism, and Mindfulness: The Word and the Breath

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A comprehensive collection of essays exploring the interstices of Eastern and Western modes of thinking about the self, *Crossroads in Psychoanalysis, Buddhism, and Mindfulness: The Word and the Breath* documents just some of the challenges, conflicts, pitfalls, and “wow” moments that inhere in today’s historical and cultural intersections of theory, practice, and experience. As this collection demonstrates, the crossroads between Buddhist and psychoanalytic approaches to *mindfulness* are rich beyond belief in integrative potential. The surprising and fertile connections from which this book originates, and the future ones which every reader in turn will spur, will invigorate and intensify this specific form of contemporary commerce at the crossroads of East and West. Analytically-oriented psychotherapists, themselves of different “climates” and cultures, break out of the seclusion of the consulting room to think, translate, meditate on, and *mediate* their experiences—generated via the maternal order—in such a way as to make those experiences *thinkable* via the necessary filters of the paternal order of language. In this light the “word and the breath” of the book’s subtitle are addressed as the privileged “instruments” of psychoanalysis and meditation, respectively.

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