



# Mixing Minds: The Power of Relationship in Psychoanalysis and Buddhism

*Pilar Jennings*

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"We cannot find ourselves, or be ourselves, alone." - from *Mixing Minds*

*Mixing Minds* explores the interpersonal relationships between psychoanalysts and their patients, and Buddhist teachers and their students. Through the author's own personal journey in both traditions, she sheds light on how these contrasting approaches to wellness affect our most intimate relationships. These dynamic relationships provide us with keen insight into the emotional ups and downs of our lives - from fear and anxiety to love, compassion, and equanimity. *Mixing Minds* delves into the most intimate of relationships and shows us how these relationships are the key to the realization of our true selves.



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