

Precision Nirvana

Deane H. Shapiro, Jr.

An Owner's Manual for the Care and Maintenance of the Mind. For the first time you can learn to apply a practical blending of the values and techniques of the East with the proven self-control psychology of the West.

A SPECTRUM BOOK



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Shapiro, D. H. *Precision Nirvana: Care and Maintenance of the Mind: An Owner's Manual*. Englewood Cliffs, New Jersey: Prentice-Hall, *Alternate selection, Psychology Today Book Club.

Sparkling...an extraordinarily difficult task superbly done...a synthesis of Eastern philosophy and Western behaviorist psychology...This book has the potential of leavening the lives of thousands of Americans."

Meyer Friedman, M.D., Author, *Type A Behavior and Your Heart*. Director, Harold Brunn Institute, Mt Zion Hospital and Medical Center

A splendid coalescence of Eastern and Western Traditions and the first one I know of by a person who is expert in each

Albert J. Stunkard, M.D., Professor of Psychiatry, University of Pennsylvania

A beautiful book...absolutely fascinating and intriguing...pedagogically smart, aesthetically it is attractive, philosophically it is acute and academically it is much needed.

Peter Kostenbaum, Ph.D. *Association of Humanistic Psychology Newsletter*; Professor of Philosophy, San Jose State, author of *Managing Anxiety*

A unique synthesis resulting in a pragmatic approach toward achieving clarity in consciousness and in actions...based upon sound research, personal insight, and a rare sense of humor found in the smile of enlightenment.

Kenneth R. Pelletier, Ph.D. *Association of Humanistic Psychology Newsletter*; Clinical Professor of Medicine, Department of Medicine, Stanford University School of Medicine; author *Mind as Healer, Mind as Slayer*

This is an excellent resume of various techniques to help you take charge of your own life.

Hans Selye, MD, International Institute of Stress, author, "*The Stress of Life*" and "*Stress Without Distress*"

This book is creative, well written, entertaining, informative, a book to be savored and dipped into...As an ambitious attempt to blend the values and techniques of the East with contemporary behavioral principles and technology of the West, it is probably unsurpassed. Shapiro has an innovative touch, a lively yet highly literary style, and an obviously sound grasp of the subject matter....

Cyril Franks, Ph.D, *Clinical Behavior Therapy Review*, Professor, Graduate School of Applied and Professional Psychology, Rutgers University.

Precision Nirvana was one of the major factors which lead me to getting interested in this field of psychology...I enjoyed your contributions immensely.

Padmal de Silva, Senior Lecturer in Psychology, Institute of Psychiatry, London, The Bethlehem Royal Hospital

I was personally inspired to pursue my interest in psychology, consciousness, and spirituality as a result of the book *Precision Nirvana*. The text was used in my Psychology of Adjustment course. And I have since used it in many of the classes I teach.

Joseph Tloczynski, Ph.D., Professor, Bloomsburg University

Precision Nirvana presents a middle path between “free will” and determinism” and includes the points of view of existentialism, behaviorism, humanism and the transpersonal with similar regard to the validity of each of their world views.

Association for Transpersonal Psychology Newsletter, Robert Shelby

Precision Nirvana is a thoughtful and well written book. Shapiro knows his Zen and he knows his behaviorism, and he integrates them well...in a most scholarly discussion of how the East and West can meet and in what sort of practical applications such a merger can result.

Behavior Improvement News, Behavior Modification Newsletter

This book is a guided tour through the lands of Zen and behaviorism by a behaviorist who knows the way. On the journey you will learn how to apply ordinary awareness and self-management strategies to your personal growth goal, the skill of using altered states and meditative strategies, and the ability to know intuitively and accurately when different modes of awareness are called for.

Roger Snyder, Ph.D. California State Psychological Newsletter

For the past days I did not do any reading other than *Precision Nirvana*. Yours is the first book that has done this integration of East and West. This explains my fascination for your book.

N.H. Atthreya, Ph.D., MMC School of Management, Bombay, India

Excellent book. Definitely fills a need in this particular area. Anecdotes and case studies are very useful.

Professor A. Hyman, Department of Psychology, University of New Haven

This beautiful book should be readily accepted by both Eastern and Western traditions. It synthesizes both without loss of integrity and should be required reading for anyone interested in a comparison of these traditions.

Herbert Benson, M.D., Harvard Medical School, Beth Israel Hospital, author, *the Relaxation Response*

DEANE H. SHAPIRO, JR.,

a Phi Beta Kappa graduate of Stanford University, is President of the Institute for the Advancement of Human Behavior, Portola Valley, California; Dean of Academic Affairs at the Pacific Graduate School of Psychology, Palo Alto, California; and a clinical instructor, Department of Psychiatry and Behavioral Sciences, Stanford University Medical School. Dr. Shapiro spent fifteen months in the Orient studying Zen and Eastern philosophy, and he is internationally recognized for his expertise in Eastern and Western self-regulation strategies.

In addition to *Precision Nirvana*, Dr. Shapiro is the coeditor of two forthcoming books, *Meditation* and *Beyond Health and Normality*, and the author of *The Psychology of Self-Control* (in preparation). He also writes Haiku poetry and Zen stories.

Precision Nirvana

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CARE AND MAINTENANCE OF THE MIND: AN OWNER'S MANUAL FOR

- learning to use Eastern and Western self-management skills to take charge of your own life
- knowing the warmth and love in yourself and others
- preventing 1984: Becoming aware of how you have been (and are being) conditioned
- feeling the poetry and beauty of nature
- turning from external reinforcement to internal reinforcement: choosing the kind of life you want
- getting on your own team: making your thoughts your servant rather than your master
- realizing how your beliefs and preconceptions limit and distort reality
- dealing effectively with stress and tension
- attaining increased personal freedom and dignity
- exploring the power of your mind: integrating ordinary awareness with altered states of consciousness

- achieving an integrated East-West vision of excellence:
the path of heart
- developing a new education: toward a harmony in mind-
body-spirit
- self-celebrating: learning the art of the cosmic chuckle