

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

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Precision Nirvana

*Care and Maintenance
of the Mind*

An Owner's Manual

Alternate Selection
Psychology Today Book Club

Deane H. Shapiro, Jr.

ABOUT THE BOOK

Revolutionary and unique, this manual for the care and maintenance of the human mind teaches you how to take charge of your own life. It is the first practical self-help guide to blend the spiritual disciplines of the East with the self-management skills of the West.

On the one hand, *Precision Nirvana* teaches you how to use the ways of Zen and other age-old Eastern disciplines to develop qualities of receptive flexibility and calm centeredness, regardless of the circumstances life presents. On the other hand, the book teaches Western techniques, derived from social learning theory, to identify and alter ingrained behavior patterns that are self-defeating and self-limiting; and to isolate and decrease sources of unpleasantness and unhappiness in your life, such as depression, anxiety, loneliness, or lack of self-esteem.

Finally, the book spells out specific theoretical and applied ways of combining skills from the East and West into a system that can help you create a secure central core which is at once assertive and tranquil, achieving and accepting. *Precision Nirvana* contains step-by-step instructions so that you may achieve this important balance, both in your personal relationships and in the social and business world.

With practical, workable alternatives for choosing who you want to become, and how you want to get there. *Precision Nirvana* can help you experience life with more intensity and more intentionality than ever before.

- Self-control, East and West: A holistic approach to taking charge of your own life
- Preventing 1984: Becoming aware of how you have been (and are being) conditioned
- Dealing effectively with stress and tension
- Exploring the power of your mind: integrating ordinary awareness with altered states of consciousness
- Behaviorism, Humanism and Beyond
- Self-celebrating: the Art of the Cosmic Chuckle

USES OF THE BOOK

As a text for course adoption in clinical and abnormal psychology; behavior therapy; humanistic/existential psychology; theories of personality; religious studies; comparative thought, Eastern philosophy.

As a reference for those in the helping and healing professions: physicians, psychologists, social workers, nurses, clergy, educators, counselors, marriage, family, and child therapists.

As an owner's manual for educated lay individuals interested in their own personal growth and change, their "path of heart."

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Part I: Teachings of the Zen Master & the Grand Conditioner

Chapter One: *Meditation and the East: The Zen Master*

Discussion of meditation and ordinary awareness; as a self-regulation strategy; as an altered state of consciousness; different types of meditation contrasted; goals of meditation and Eastern thought discussed; practical instructions.

Chapter Two: *Behavioral Self-Management and the West: the Grand Conditioner*

Discussion of ordinary awareness and behavioral self-observation; the role of goal-setting and choice in personal freedom; specific strategies: relaxation training; self-management contract; time out; cognitive strategies (self-instructions, covert modeling); desensitization; reinforcement.

Part II: Zen Behaviorism: When the Zen Master Meets the Grand Conditioner

Chapter Three: *Crisis: Freedom as Illusion*

Eastern and Western concepts of freedom as illusion; personal crisis as a time for potential change and growth.

Chapter Four: *Responsibility and Evaluation: Toward a New Awareness and Affirmation*

The importance of individual responsibility; work sheet for assessing personal commitment to change; decision-making strategies.

Chapter Five: *Alternative: The Path of Heart*

Blending of Eastern and Western vision: egolessness and a strong sense of self; yielding, self-control and spontaneity; ordinary awareness and the altered state of consciousness; non-attachment and caring love; productivity and centeredness.

Chapter Six: *Techniques: Following the Path of Heart*

Three case examples illustrating ways to combine Eastern and Western strategies; depression; anxiety management; low self-esteem.

Chapter Seven: *Education: Having the Self-Soar*

How to create yourself; a summary of part two.

Part III: Epilogue

Chapter Eight: *Self-Celebrating: The Art of the Cosmic Chuckle*

Some comments on Nirvana; comments on Precision Nirvana; comments on care and maintenance of the mind; and now it's your responsibility: An Owner's Manual.

ABOUT THE AUTHOR

Deane H. Shapiro, Jr., Ph.D., 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 is internationally recognized for his expertise in Eastern and Western self-regulation strategies.

Reprints of his clinically oriented research and writing, which have appeared in scientific and professional journals such as the *American Psychologist*, *Archives of General Psychiatry*, *Behavior Therapy*, *Journal of Humanistic Psychology*, and *Psychologia*, have been requested by several hundred universities and medical schools in the United States and twenty-two foreign countries. In addition to *Precision Nirvana* (Prentice Hall), Dr. Shapiro is the co-editor of two forthcoming books: *Meditation* (Aldine) and *Beyond Health and Normality* (Van Nostrand), and the author of *The Psychology of Self-Control* (in preparation).

He also writes Haiku poetry and Zen stories.

