

Six Principles That Help You Improve Your Life: Constructive Living By David K. Reynolds

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Summary:

David K. Reynolds is a College professor and therapist. The theories he describes in his book are based on two Japanese psychotherapies, the Morita therapy and Naikan therapy, both influenced by Buddhism.

Fundamentally, the book tries to give us, readers, tools to deal well with reality. One of the things the book stresses is to accept the reality around and inside us in the present moment. But that doesn't mean that we should move through life passively. Actually, the book recommends that we act in a very practical way.

The author describes us six principles that explain how feelings function. In my opinion, the simple acknowledgement of these principles can transform our life for the better

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