



A Natural Approach to Mental Wellness: Japanese Psychology and the Skills We Need for Psychological and Spiritual Health

Gregg Krech

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When you walk out of a counseling session do you have a clear idea of what you need to do and how to go about doing it? Most models of Western Psychotherapy work toward insight as a primary objective, or try to help you change your thinking. In *A Natural Approach to Mental Wellness*, Gregg Krech asserts that psychological and emotional health have more to do with skillful means. Drawing on the principles of Japanese Psychology and Eastern Wisdom, Krech identifies four key skills that can be learned – Acceptance, Attention, Co-existing with Unpleasant Feelings, and Self-reflection. These skills are developed through practice – like playing the piano – not by talking (which helps us become better talkers). Becoming “skillful” is how we cope effectively with anxiety, depression, anger, shyness and just about any real-life problem we encounter as our life unfolds. Mastering these four skills can help us live a more purposeful and meaningful life, while being a bridge to spiritual life as well. This small book is both practical and empowering -- a radical departure from traditional models of mental health which offers us hope that our lives are not determined by a diagnosis.

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