



**Words from the Soul: Time, East/West  
Spirituality, and Psychotherapeutic Narrative  
(Suny Series in Transpersonal and Humanistic  
Psychology)**

*Stuart Sovatsky*

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# Words from the Soul: Time, East/West Spirituality, and Psychotherapeutic Narrative (Suny Series in Transpersonal and Humanistic Psychology)

*Stuart Sovatsky*

## **Words from the Soul: Time, East/West Spirituality, and Psychotherapeutic Narrative (Suny Series in Transpersonal and Humanistic Psychology) Stuart Sovatsky**

Accepting relentless impermanence as the ground of human experience, *Words from the Soul* derives a spiritual psychology from the mystery and poignancy of time-passage itself. Drawing from Wittgenstein, Kierkegaard, Heidegger, Foucault, Dostoyevsky, Buddhism, kundalini yoga, and twenty-five years of clinical/mediation experience, the author's epigrammatic insights into our struggles with mortality, gratitude, apology, and forgiveness make this book relevant to psychotherapy and conflict resolution in a wide range of professional settings. In his exploration of the furthest-reaches of human development, Stuart Sovatsky reveals the deepest potentials of the ensouled body, transforming our views of language, sexuality, ecstatic spiritualities, and of the human life cycle.

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