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October 06th 2012: The Art of Flourishing With Dr. Jeffrey Rubin

Dr. Jeffrey Rubin will discuss his book, The Art of Flourishing. This book gives the readers the tools to resolve the challenges of life that interfere with achieving enduring fulfillment within themselves and their relationships. He has integrated meditative, psychotherapeutic and yogic practices to show readers how to thrive and live well, even in times of upheaval.

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Featured Guest



Dr. Jeffrey Rubin

Jeffrey B. Rubin Ph.D., is the creator of meditative psychotherapy, a practice that he developed through insights gained from decades of study, teaching and helping hundreds of people flourish. The author of the critically acclaimed books "The Art of Flourishing," "Psychotherapy and Buddhism," "The Good Life" and "A Psychoanalysis for Our Time," Dr. Rubin is a practicing psychotherapist and teacher of meditation in New York City and Bedford Hills, New York, and has taught at various universities, psychoanalytic institutes and Buddhist and yoga centers. He lectures around the country and has given workshops at the United Nations, the Esalen Institute, the Open Center and the 92nd Street Y. A

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