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She is the author of Resonance of Emptiness: A Buddhist Inspiration for a Contemporary Psychotherapy (RoutledgeCurzon, 2001) and coeditor of The Psychology of Awakening (Samuel Weiser, 2001). She is currently associated with The Karuna Institute and Sharpham College of Buddhism and Contemporary Inquiry, and a member of the editorial board of Contemporary Buddhism.

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Concurrently she attained a first class honors degree followed by a doctorate in the field of Buddhist Studies at the School of Oriental and African Studies of London University. She is the author of Resonance of Emptiness: A Buddhist Inspiration for a Contemporary Psychotherapy (RoutledgeCurzon, 2001) and coeditor of The Psychology of Awakening (Samuel Weiser, 2001).

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