

**FROM THE DESK OF**  
**ARNOLD KOZAK, PH.D.**

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For a more in depth look at the themes discussed in today's talk you can refer to *The Buddha Was a Psychologist: A Rational Approach to Buddhist Teachings*, an academic monograph written by Dr. Kozak (now available in more affordable paperback edition). For a fun and easy overview of Buddhism please see his book *Buddhism 101*. Arnie's website [exquisitemind.com](http://exquisitemind.com) has information on all his books and a special self-guided, video-based course, forthcoming in 2024, that compiles metaphors, axioms, and stories from his books on mindfulness and Buddhist psychology and guided meditations from his decades of practice and teaching.

Citations from the talk:

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**CONTACT**