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illuminates

aspects of the

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teachings. The

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***purpose is the
same that the
Buddha had for
his teachings, to
guide us toward
the end of
suffering and the
attainment of
freedom.***

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Gil Fronsdal
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Cognitive Styles .***

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*involves being
able to respond
to the world
based on social
cues, while
systemizing
involves
interacting
based upon
preset
conceptions of
how people think
they should ...*

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Psychology Of

Verywell Mind

Insight In some

cases, the

solution to a

problem can

appear as a

sudden insight.

This can occur

because you

realize that the

problem is

actually similar

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Psychology Of

Emotions And

Perception

to something that you have dealt with in the past. However, the underlying mental processes that lead to insight happen outside of awareness.

Problem-Solving Strategies and Obstacles -

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trained as a
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of Thailand, India
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***globally since
1974 and is one
of the key
teachers to
introduce
mindfulness
practices to the
West. He is co-
founder of the
Insight
Meditation
Society in Barre,
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Healthline
A. a form of**

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**problem solving
in which the
organism develops a
sudden insight
into a problem.**

**B. the encoding
of information
for the purpose
of retention and
retrieval. C. the
relatively stable,
observable
changes in a**

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Psychology Of
Freud
Gardner
Cognitive
person's actions
**D. the result of
mental activities
such as thinking
and reasoning**

Psychology

Ch.4,5,6

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She earned her

undergraduate

degree from

Harvard and then

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received her

**Ph.D. in clinical
psychology from
the University of
California,
Berkeley. ... and**

**co-founded the
Insight
Meditation**

**Society in Barre,
Massachusetts
alongside Jack
Kornfield and
Joseph Goldstein.**

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Ma, Anagarika
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