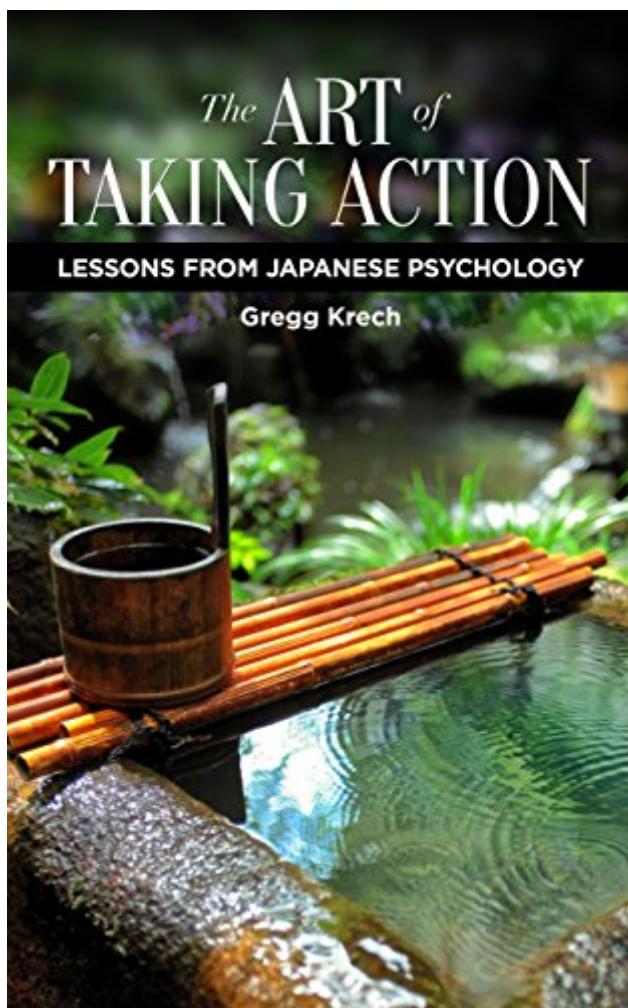


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# The Art Of Taking Action: Lessons From Japanese Psychology



## **Synopsis**

Drawing on Eastern philosophy, Buddhism, Japanese Psychology, Zen, the Samurai, and Martial Arts, Gregg Krech offers an approach to ACTION that guides you to doing what is important for you to do in the time you have available. Most of us associate Eastern wisdom with meditation and contemplation. Krech offers a complimentary collection of wisdom on the Art of Taking Action that will help you take action even when you don't feel like it. This isn't just another "how to get things done" book. It's about how you do what you do, and the impact that your action (and inaction) has on the world. Students of Zen, Yoga, Taoism, meditation, mindfulness and Japanese culture, will resonate with ideas and practical strategies such as: Overcome by Going Around, Non-attachment & Effort and Outcomes, The Rhythm of Activity, The Stress of Not Getting Things Done, Procrastination Disguised as Busyness, Working with the Conditions We Encounter, Impermanence and Legos, and more. Krech brings more than 25 years of experience teaching and studying Japanese psychology to create a unique collection wisdom on "Taking Action" that is both practical and profound. If you are ready for some "movement" in your life, this book is just what you need.

## **Book Information**

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## Customer Reviews

This is another wonderful exercise in sharing the Naikan and Morita experience that is offered by Gregg Krech. I am a psychiatrist who is trained in the Western allopathic methods of care. I find that often times, the Western method neglects the personal stories of patients. The psychological histories that we gather are often focused on pathology. Not only the patient's pathology but the family pathology as well. There is in my opinion, a skewed approach that is based on illness and deficiency. That skewed approach depends to a great degree upon identifying who is at fault in relationships and who was the victim in the relationships with others. Naikan approaches allow for a more truthful and honest telling of the story that brings balance to the experience. Another aspect of traditional Western healing methods is the sense that one cannot move forwards until "what was wrong", is made right. This can take time and does not allow for moving forward when the "other" in the dyad of the relationship is not willing to meet the patient "halfway". Morita approaches facilitate the patient or individual's moving forward towards healing. Often times, the major impediment is waiting until feelings about the relationship change before taking the necessary actions for change. Regardless of the feelings, most individuals want the relationship status to become different and Morita approaches allow actions to take place while feelings change. I utilize these approaches in my practice and find that meaningful insights and productive change often occurs within a relatively short period of time if the patient commits to the interventions offered. Of course, everyone does not engage in the practices of Naikan and Morita therapy. Many individuals do not, for whatever reason, proceed beyond the pre-contemplation stage of readiness for change. Some people find that for cultural reasons that these Eastern approaches would not work for them. Sometimes individuals are in a "New Age" frame of mind and are shopping for a quick fix which is not the goal of either of these methods. These Eastern approaches require long term commitment and sustained effort that do not depend on the skill of the therapist or provider. Rather these quiet therapies depend on the individual's honest and courageous approach of inward looking as well as taking action when one "does not feel like it." Everyone who is exposed to these quiet therapies will not necessarily find them useful but in my experience, many do. In closing, Gregg Krech presented what is a nice introduction to how the Naikan and Morita approaches can be utilized to begin physical, mental and spiritual well being. Further study and experience is necessary for a full effect. No one should expect a comprehensive explanation of these deep practices in a book of any length, but this book is a very good place to start.

It had some interesting points, it also had some "no kidding" points, at half or one third the length it would be a very good read. Not that it is long, but the length distracted from the valuable points. I am reminded of Tom Skerritt's character in "A River Runs Through It", when critiquing his son's papers, "Good. Now half as long".

This book is a series of essays - really little pearls. Different ways to help get started and appreciate day to day action. I find the essay on "I Get To" to be very inspiring - on the power of simply replacing in your head the concept of "I have to" to "I get to". .. really gratitude for the beauty of everyday tasks. Sounds like silliness - but I find if I can say "I Get to" a few times a day for simple tasks rather than "I have to", I feel so much more grounded. The Book is filled of these Pearls. Highly recommended.

I was glad to have read it, but the format detracts from its efficacy. The first half of the book is based on "Morita Therapy," which, if you aren't already familiar with it (as I wasn't) is both novel and helpful. But the author proclaims a deliberate effort to avoid producing "just another productivity book," and in doing so constructs the latter half of the book out of personal essays from a variety of contributors, and even a poem, nearly all of which are repetitive, anecdotal, and do not offer any deeper instruction than what is discussed in the first half. A bit disappointing in that respect, as the first half feels like an intro and seems to leave a lot of room for exploration. I don't regret buying it, but I would have preferred to pay half as much for half the book.

An informative book which explores morita therapy and the benefits it can bring to your life if you apply the principles. It also discussed nikhan a process of self reflection which will allow you to let go of a lot of the things that you are holding on to. There are also a lot of zen lessons contained in this book.

Excellent -- Applying Eastern philosophical tenets to problems that are decidedly Western, Gregg Krech not only provides valuable and insightful principles and applications, but manages to impart a very personal, immediate connection to the material that makes the principles come alive. His humanity and desire to help are palpable, and it's almost as though he reaches through the book to connect directly to the reader. I've just finished the book and plan to re-read it at least twice more -- it makes me wish I was a student again, and that I had access to a mentor like Gregg Krech on a

regular basis.

Very interesting book that took me only a few days to read with only 45 minute time blocks. I would recommend this to anyone looking to be more conscious about the actions that they are actively engaging in.

Incredible - filled with so many truths and ideas and sentiments and feelings and thoughts and problems I can relate to - it's a relief! I am so reassured to learn that scholars and zen masters and poets and writers and all kinds of accomplished people I respect and admire struggle with the same stuff I have been trying to ignore escape deny and hide from - only to come back and find it waiting for me- at least now I have an answer to how I move on - this is a prayer answered it is the path I have been waiting to find I just finished reading it and I know I will read it again and again because the lessons and ideas and suggestions and approach to living BETTER will never become less relevant to me - I'm so grateful to have found this book - life affirming and transforming in one all at once- I couldn't have found it at a better time

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