

Essay and upcoming book by Miraj U. Desai

From: [Desai, Miraj](#)

Dear Louise:

I penned a brief essay on social issues vis-à-vis psychology, for the same Palgrave series (Social Science Matters), that recently featured your excellent piece. Perhaps readers of IP or Dialogues would find it of interest? The essay also contains a link to my upcoming book *Travel and Movement in Clinical Psychology: The World Outside the Clinic* (Foreword by Jeffrey Sachs). Indigenous psychology, social justice, and philosophy (e.g., Zen, phenomenology, nonviolence) all appear heavily in the text. I will append the link below, as well as a book summary.

Essay:

<https://www.palgrave.com/gb/social-science-matters/desai-on-the-social-life-of-suffering-and>

Book Summary:

This book concerns clinical psychology, but it is most concerned with the world outside the clinic. That world—where culture, history, and economy are found—radically impacts the public’s mental health. However these worldly considerations often do not feature centrally in the science and practice of clinical psychology, a subfield of psychology seemingly dedicated to mental health. Desai offers a corrective by travelling out of the clinic and into the world, exploring ideas, movements, and thinkers that help broaden our approach to well-being, by situating it within its cultural, historical, and sociopolitical contexts. The book aims to be an intercultural journey itself—encountering Buddhism, phenomenology, Edmund Husserl, Mahatma Gandhi, and Rev. Dr. Martin Luther King, Jr. along the way. Featuring a Foreword by Jeffrey Sachs, the book positions pressing matters such as social justice, racial justice, and environmental justice as integral components of good mental health work. The book will be of interest to readers interested in cultural and community approaches to psychological science and practice.

Best,
Miraj

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