

Turning the Mind into an Ally



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Sakyong Mipham shows how to cultivate a strong stable mind and no longer live "at the mercy of our moods." His stories and wisdom from American culture, as well as from the great Buddhist teachers, help demystify this essential discipline and place it in the framework of Western culture. Accessible, practical, and clear, it provides readers with the necessary tools for taming the mind.

作者介绍:

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