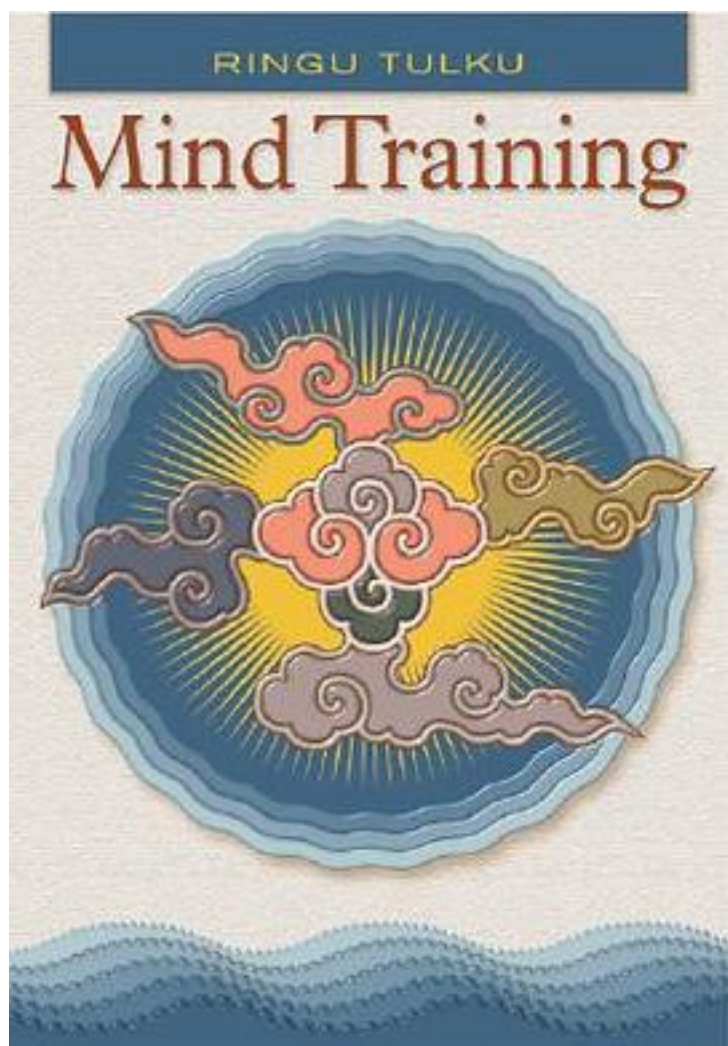


Mind Training



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出版者:Wisdom Publications

出版时间:2005-11-28

装帧:Hardcover

isbn:9780861714407

The Tibetan practice of "mind training," or lojong , stretches back for hundreds of years and encompasses a variety of techniques for cultivating altruistic thoughts and coping with the inevitable challenges of everyday life. Mind Training: The Great Collection is an English adaptation of the first anthology of these techniques. Presenting 44 of the original texts — including seminal works such as "Leveling out All Preconceptions" and "Eight Verses on Training the Mind" — Mind Training combines eloquent translations and historical commentaries to demonstrate how anyone can learn to exude love, compassion, and perseverance.

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