



Taming The Mind

Thubten Chodron

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We all wish to gain greater understanding of ourselves. This ideal follow-up to the author's extremely popular *Buddhism for Beginners* explains in clear and simple language the essence of Buddhist philosophy and psychology together with practical tools for immediate implementation in our daily lives. We all want to have good relationships with others. Chodron offers practical techniques to help us gain a more spacious perspective on relationships, whether they be between lovers, parent and child, employer and employee, friends, or spiritual teacher and student. Guidelines are given for how to practice freeing ourselves from habitually blaming others for our problems and learning to be on the spot and take responsibility for our lives. This book describes how our mind/heart, not the external world, is the ultimate source of our happiness. We learn how to look at people and situations in an entirely new light. The book concludes with a discussion of common misconceptions about Buddhism. The author's down-to-earth language and examples invite us not only to engage the material but to implement it in our own lives. The author's open-minded approach makes this book suitable for Buddhists and non-Buddhists alike.

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