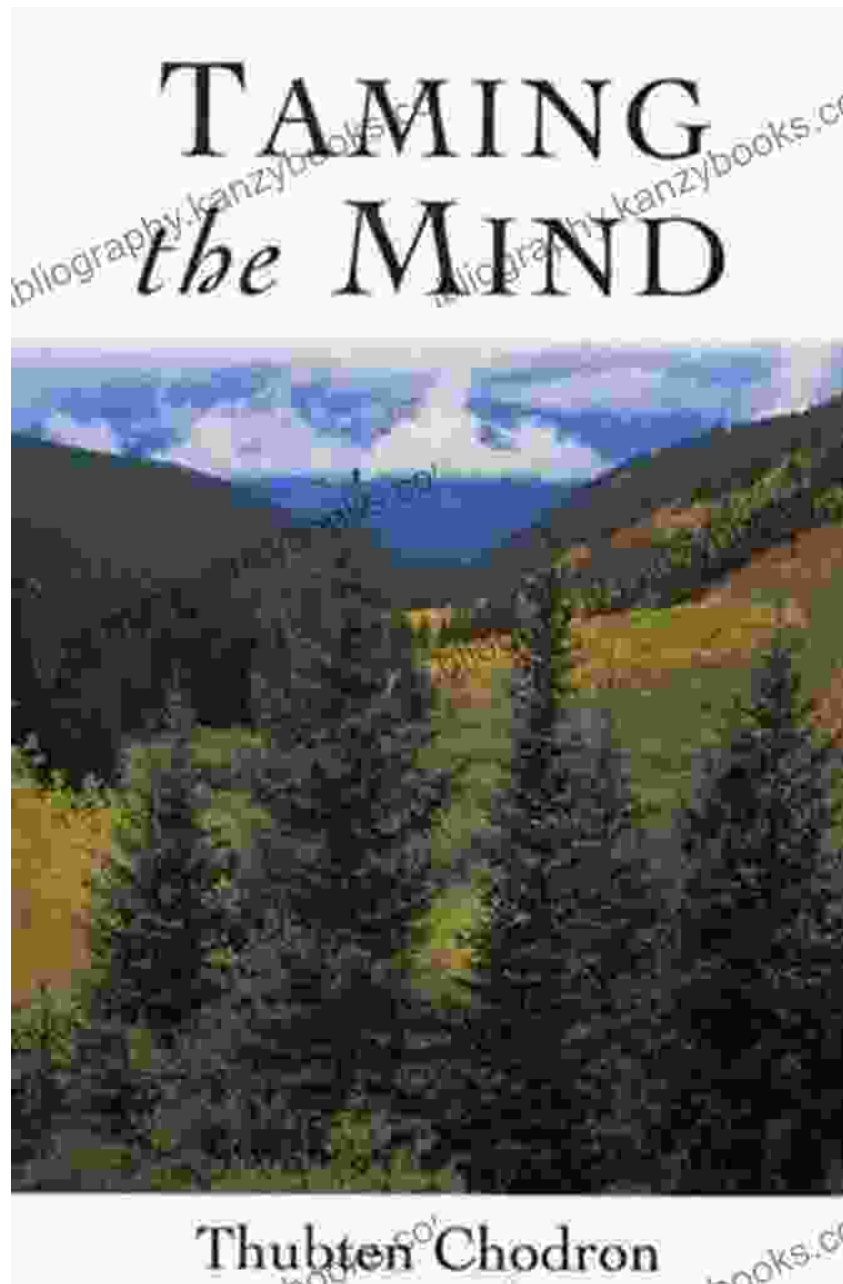


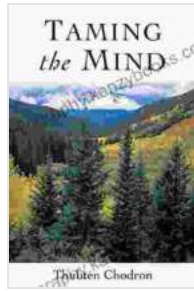
Taming the Mind: A Practical Guide to Inner Peace

By Thubten Chodron



Taming the Mind by Thubten Chodron

★★★★☆ 4.4 out of 5



Language : English
File size : 1660 KB
Text-to-Speech: Enabled
Word Wise : Enabled
Print length : 232 pages



Taming the Mind is a practical guide to inner peace that offers a clear and accessible path to transforming our minds and overcoming negative thoughts and emotions.

Drawing on over forty years of experience as a Buddhist nun and teacher, Thubten Chodron provides a wealth of practical advice and meditations that can help us to:

- Identify and challenge our negative thoughts and emotions
- Develop positive states of mind, such as compassion, joy, and equanimity
- Cultivate mindfulness and awareness
- Find inner peace and happiness

Taming the Mind is a valuable resource for anyone who wants to improve their mental health and well-being. It is a book that can help us to find lasting peace and happiness in our lives.

About the Author

Thubten Chodron is an American Buddhist nun and teacher in the Tibetan tradition. She is the founder and abbess of Sravasti Abbey, a Buddhist monastery in Newport, Washington. Chodron has been teaching Buddhism for over forty years and is the author of numerous books on Buddhist philosophy and practice, including **Taming the Mind**, **Working with Anger**, and **The Places That Scare You**.

Reviews

“**Taming the Mind** is a practical and accessible guide to transforming our minds and finding inner peace. Thubten Chodron offers a wealth of wisdom and compassion, and her teachings can help us to overcome negative thoughts and emotions and cultivate positive states of mind.”

–**Pema Chödrön**, author of **The Wisdom of No Escape**

“**Taming the Mind** is a clear and concise guide to the Buddhist teachings on the mind. Thubten Chodron provides a wealth of practical advice and meditations that can help us to develop a more peaceful and compassionate mind.”

–**Bhikkhu Bodhi**, author of **In the Buddha’s Words**

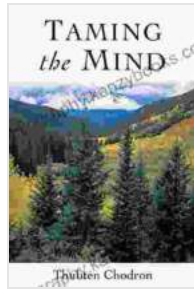
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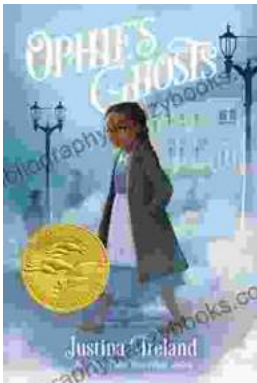
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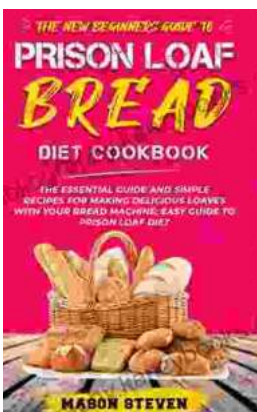
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