

Know Your Mind

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know your mind is an accessible introduction to traditional buddhist psychology offering a clear description of the nature of mind and how it functions sangharakshita guides us expertly through the abhidharma classification of positive and negative mental states and shows us how we can work with them in exploring the part we play in creating our own suffering and happiness he elucidates the relationship of the mind to karma and rebirth and stresses the ethical other regarding nature of buddhist psychology

know your mind is a comprehensive guide to more than 50 everyday emotional and psychological problems the definitive resource for anyone seeking advice for themselves or for a family member or friend the only self help book to be endorsed by the british psychological society it offers a clearly signposted a z guide to a wide range of psychological issues and concerns from anxiety stress and depression to eating problems tantrums and other children s issues memory loss and bereavement practical strategies for tackling these issues positive steps to keep your mind happy and healthy recommendations on where to turn for more help co written by one of the uk s leading clinical psychologists and informed by the best evidence based clinical practice it distils the

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