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Conquering the Mind: Take Charge of Your Thoughts and Reshape Your Life Through Meditation

By Eknath Easwaran

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. Feeling trapped by unwanted thoughts and emotions can seem an inevitable part of life. But Easwaran, who taught meditation for nearly forty years, shows a way to break free. Just as a fitness routine can create a strong, supple body, spiritual disciplines can shape a secure personality and a resilient, loving mind. Writing as an experienced, friendly coach, Easwaran explains how we can train the mind not just during meditation but throughout the day. Working with difficult colleagues, choosing what to eat, and listening to a child's needs are all opportunities to try out different, wiser responses. To shed light on the thinking process, Easwaran takes the timeless teachings of the Buddha and other mystics and illustrates them with scenes from contemporary life. He offers practical exercises for taking charge of our thoughts, along with instruction in his own method of passage meditation. Easwaran shows how training the mind is a glorious challenge - one that brings joy and purpose to life. Printed Pages: 224.



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