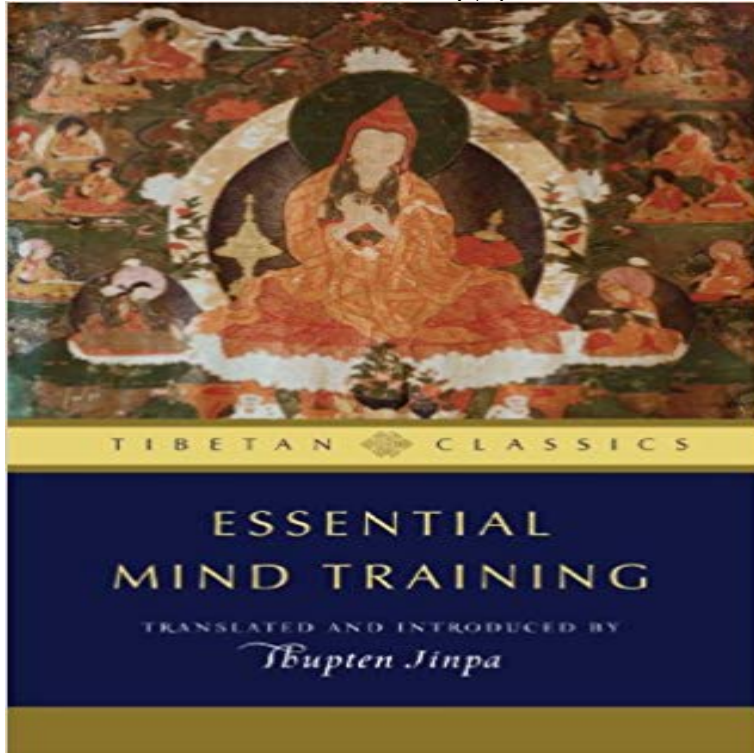


## Essential Mind Training (Tibetan Classics)



Essential Mind Training is the first volume in the Tibetan Classics series, which aims to make available accessible paperback editions of key Tibetan Buddhist works drawn from Wisdom Publications Library of Tibetan Classics. The key to happiness is not the eradication of all problems but rather the development of a mind capable of transforming any problem into a cause of happiness. Essential Mind Training is full of guidance for cultivating new mental habits for mastering our thoughts and emotions. This volume contains eighteen individual works selected from Mind Training: The Great Collection, the earliest compilation of mind-training (lojong) literature. The first volume of the historic Tibetan Classics series, Essential Mind Training includes both lesser-known and renowned classics such as Eight Verses on Mind Training and The Seven-Point Mind Training. These texts offer methods for practicing the golden rule of learning to love your neighbor as yourself and are full of practical and down-to-earth advice. The techniques explained here, by enhancing our capacity for compassion, love, and perseverance, can give us the freedom to embrace the world.

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