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A View from a Lake: Buddha, Mind and Future

By Neil Hayes

Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, A View from a Lake: Buddha, Mind and Future, Neil Hayes, A View From A Lake: Buddha, Mind and Future explains how to train our minds to attain lasting contentment. Drawing on the original and most powerful source of mind training - the word of the Buddha - Neil Hayes takes the reader on a journey from ancient India to contemporary Western psychology and the Internet age. It may be unusual for a non-fiction book to have a villain, but this one does, and it is the thinking mind, or the voice in our heads. This troublesome guest's ruses are exposed as being the source of our own unhappiness, and, if unmanaged, a threat to our mental health. Although Western education and science encourage a model of mind in which thinking is at the helm, we generally receive no education in how to manage such a powerful resource safely. A compelling and more beneficial alternative view of mind is offered, based on the natural awareness already present in our minds. The central point of the book is that there is a wager we must all make: for the small stake of some...



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