

[PDF] The Misleading Mind: How We Create Our Own Problems And How Buddhist Psychology Can Help Us Solve Them

Karuna Cayton - pdf download free book

Books Details:

Title: The Misleading Mind: How We C

Author: Karuna Cayton

Released: 2012-03-06

Language:

Pages: 224

ISBN: 1577319427

ISBN13: 978-1577319429

ASIN: 1577319427



[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

Review □ "This is truly a manual for becoming a happier and kinder person."

□ **Rasmus Hougaard**, managing director of the Potential Project

□ "Karuna Cayton's analysis and method in *The Misleading Mind* are well thought-out and should be a great help to readers."

□ **Lama Zopa Rinpoche**, spiritual director of the Foundation for the Preservation of the Mahayana

Tradition

□ *The Misleading Mind* is a self-help manual full of accurate descriptions of traditional Buddhist teachings, recipes for mental health, and a map of the paths leading to a productive and well-balanced life."

□ **Jeffrey Hopkins**, professor emeritus at the University of Virginia and president of the UMA Institute for Tibetan Studies

□ *The Misleading Mind* shares the profound depth of Buddhist psychological wisdom in a wonderfully inviting and accessible way. I highly recommend it."

□ **Peter Fenner, PhD**, teacher and author of *Radiant Mind*

□ Through his many years of deep study of Buddhist psychology, sincere introspection, and work at helping others, Karuna Cayton has gained genuine wisdom, which he generously shares in *The Misleading Mind*....This is a clear, grounded, and useful guidebook for working with the mind and heart."

□ **Lorne Ladner, PhD**, psychologist and author of *The Lost Art of Compassion*

About the Author For over twenty years **Karuna Cayton** has worked as a psychotherapist, business psychologist, and coach to help people achieve a more balanced life. He lived in Nepal for twelve years, where he studied Tibetan Buddhism.

- Title: *The Misleading Mind: How We Create Our Own Problems and How Buddhist Psychology Can Help Us Solve Them*
 - Author: Karuna Cayton
 - Released: 2012-03-06
 - Language:
 - Pages: 224
 - ISBN: 1577319427
 - ISBN13: 978-1577319429
 - ASIN: 1577319427
-