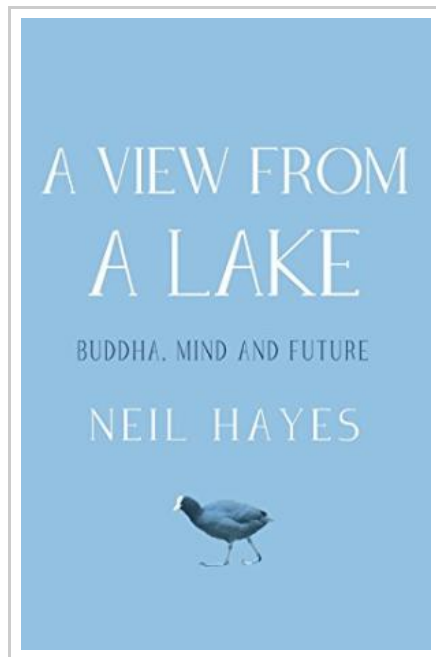




A View from a Lake: Buddha, Mind and Future

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...



READ ONLINE
[1.95 MB]

Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehend every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.

-- **Arianna Witting**

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing throgh reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

-- **Crystel Hagenes**

Related eBooks



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



Viking Ships At Sunrise Magic Tree House, No. 15

Random House Books for Young Readers. Paperback. Book Condition: New. Sal Murdocca (illustrator). Paperback. 96 pages. Dimensions: 7.4in. x 4.9in. x 0.2in. Jack and Annie are ready for their next fantasy adventure in the bestselling middle-grade series the Magic Tree House! Beware of Vikings! warns...



Night Shivers Mystery Supernatural Tales of Mystery the Supernatural Tales of Mystery and the Supernatural

Wordsworth Editions Ltd. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 7.6in. x 5.0in. x 1.3in. Moving, his candle was instantly extinguished, and in the very moment of being left in the darkness he saw, standing in the doorway, a woman, resembling her...



The Magical Animal Adoption Agency Book 2: The Enchanted Egg

Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There s a new resident at the Magical Animal Adoption Agency-but this one hasn t hatched yet! Mr. Jams brought home...



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...