



# Turning the Mind into an Ally

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By Sakyong Mipham

Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. Revised ed.. 201 x 130 mm. Language: English . Brand New Book. Strengthening, calming, and stabilizing the mind is the essential first step in accomplishing nearly any goal. Growing up American with a Tibetan twist, Sakyong Mipham talks to Westerners as no one can: in idiomatic English with stories and wisdom from American culture and the great Buddhist teachers. Turning the Mind Into an Ally makes it possible for anyone to achieve peace and clarity in their lives.



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