



## Essential Mind Training (Tibetan Classics)

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*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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