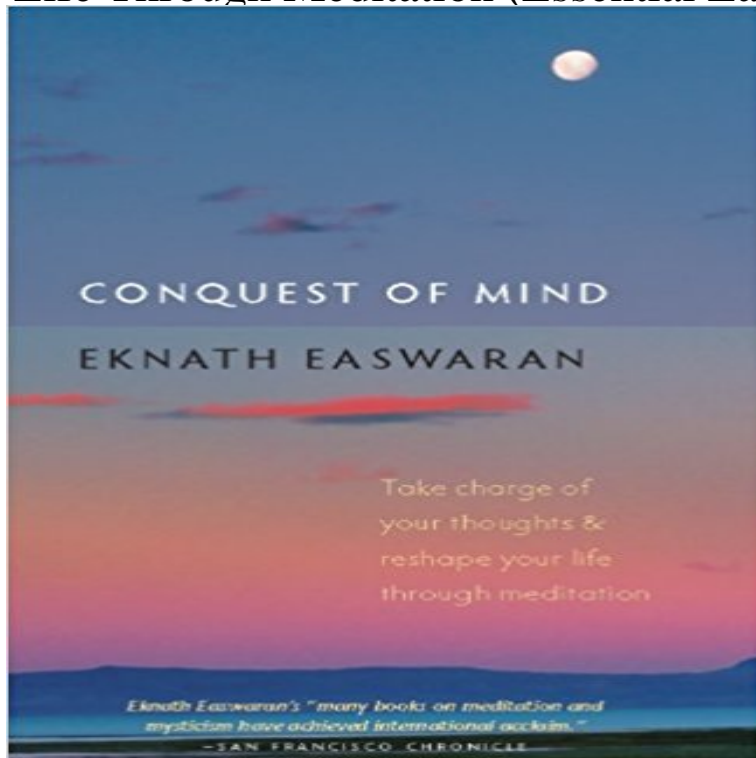


Conquest of Mind: Take Charge of Your Thoughts and Reshape Your Life Through Meditation (Essential Easwaran Library)



Getting caught in unwanted thoughts and emotions can feel like an inevitable part of life. But Easwaran, who taught meditation for nearly 40 years, shows a way to break free. Just as a fitness routine can result in a strong, supple body, spiritual disciplines can shape a secure personality and a resilient, loving mind. And opportunities to grow stronger spiritually arise not only during meditation but throughout the day. Working with difficult colleagues, going out to eat, and responding to a child's needs are all occasions to try out different, wiser choices. With humor and empathy, Easwaran places timeless teachings from the Buddha and other mystics into contemporary scenes: watching a juggler on the street, taking a tennis lesson, going to the theater. Training the mind is life's biggest adventure, one that brings deepening relationships, increasing vitality, and a greater sense of purpose.

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