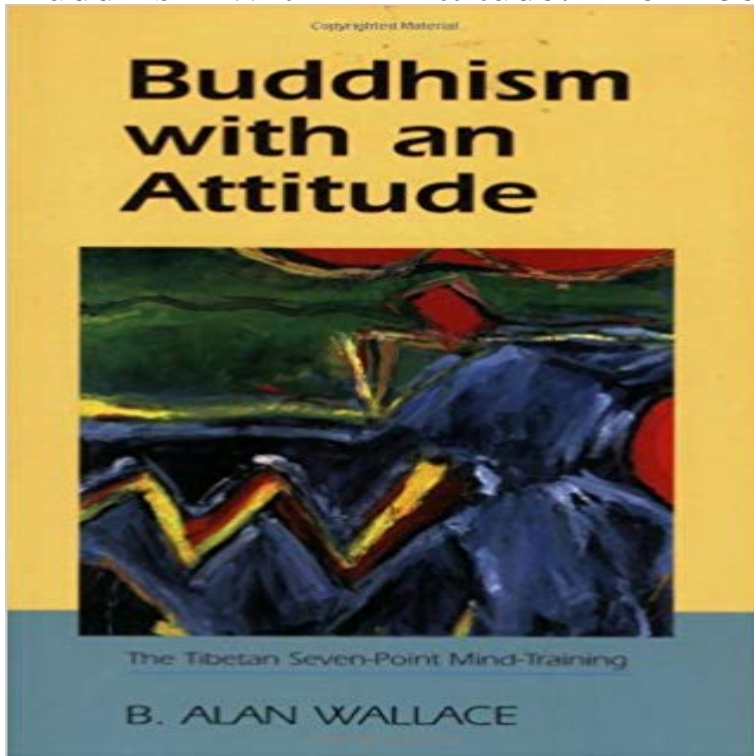


# Buddhism With An Attitude: The Tibetan Seven-Point Mind Training



All of us have attitudes. Some of them accord with reality and serve us well throughout the course of our lives. Others are out of alignment with reality and cause us problems. Tibetan Buddhist practice isn't just sitting in silent meditation, it's developing fresh attitudes that align our minds with reality. Attitudes need adjusting, just like a spinal column that has been knocked out of alignment. In this book, B. Alan Wallace explains a fundamental type of Buddhist mental training which is designed to shift our attitudes so that our minds become pure wellsprings of joy instead of murky pools of problems, anxieties, fleeting pleasures, hopes, and frustrations. Wallace shows us the way to develop attitudes that unveil our full capacity for spiritual awakening. The author draws on his thirty-year training in Buddhism, physics, the cognitive sciences, and comparative religion to challenge readers to reappraise many of their assumptions about the nature of the mind and physical world. By explicitly addressing many practical and theoretical issues that uniquely face us in the modern world, Wallace brings this centuries-old practice into the twenty-first century.

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