

Know Your Mind: The Psychological Dimension of Ethics in Buddhism

Sangharakshita



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Know Your Mind: The Psychological Dimension of Ethics in Buddhism

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Know Your Mind: The Psychological Dimension of Ethics in Buddhism Sangharakshita An accessible introduction to the traditional Buddhist psychology of the Abhidharma which offers a clear description of the nature of the mind and how it functions and explores the part we play in creating our own suffering and happiness.

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