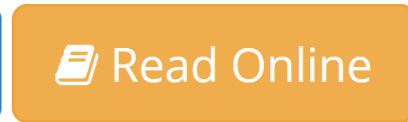


Open Heart, Clear Mind: An Introduction to the Buddha's Teachings

By *Thubten Chodron*



Open Heart, Clear Mind: An Introduction to the Buddha's Teachings By Thubten Chodron

This practical introduction to Buddhism focuses on the application of Buddhist psychology to modern life. Thubten Chodron, an American Buddhist nun, presents the basic points of this path for understanding ourselves and improving the quality of our lives. In a straightforward style and with warmth and humor, Chodron gives us the fundamental points of the Buddha's teaching on transforming habitual attitudes and realizing our full human potential.

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Editorial Review

Review

"Presents a clear and complete survey of the teachings of the Buddha. *Open Heart, Clear Mind* will help many on the open path of meditation and in dealing with the challenges of everyday life."—Ven. Thich Nhat Hanh

"Conveys a clear understanding of Buddhism as it has been practiced by Tibetans in easily comprehensible language."—H.H. the Dalai Lama

"Her analyses of psychological states underlying behavior and how to modify this behavior in order to live a more healthy, more Buddhist life is useful to all persons wishing to follow a Buddhist path."—Ven. Dr. Havanpola Ratanasara, Executive President, American Buddhist Congress

From the Inside Flap

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This introduction to Buddhism by an American Tibetan Buddhist nun focuses on practical applications of Buddhist psychology to modern life. In a straightforward style and with warmth and humor, Chodron sets forth the fundamental points of the Buddha's teaching on transforming habitual attitudes and realizing our full human potential. "...conveys a clear understanding of Buddhism as it has been practiced by Tibetans, in easily comprehensible language."--His Holiness the Dalai Lama

About the Author

Venerable Thubten Chodron has been a Buddhist nun since 1977 and has studied and practiced Buddhism under the guidance of His Holiness the Dalai Lama, Tsenzhap Serkong Rinpoche, Lama Zopa Rinpoche and other Tibetan masters. She is the founder and abbess of Sravasti Abbey (sravasti.org), a Buddhist monastic community in Washington State, USA.

Ven. Chodron emphasizes the practical application of Buddha's teachings in our daily lives and is especially skilled at explaining them to contemporary readers. She is well-known for her warm, humorous, and lucid teachings. Active in interfaith dialogue, she also does Dharma outreach in prisons and teaches worldwide. Visit thubtenchodron.org to access archives of her extensive teachings, and [youtube.com/user/sravastiabbey](https://www.youtube.com/user/sravastiabbey) for daily Dharma talks.

"Venerable Thubten Chodron is someone whose life embodies the virtues of kindness, simplicity and clarity of vision, which lie at the heart of the Buddha's teaching. It is these perennial qualities that shine through her writings and touch the hearts of many readers all over the world." - Thupten Jinpa, author and translator for the Dalai Lama

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