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Towards a Nonviolent Mind

By Ravindra Verma & Anna Alomes

Paljor Publications/Library of Tibetan Works & Archives, New Delhi, India, 2012. Softcover. Book Condition: New. How can we reduce the violence going on around us and lead happier more meaningful lives? What can we do to change a fearful or anxious state of mind into one that is relaxed, happy and compassionate in order to benefit ourselves and others? In this book, the authors provide impressive answers and practical solutions to these questions. By bringing forward the combined 20-year work of Western Scientists and Tibetan Meditators (including the Mind & Life group led by H. H. the Dalai Lama) Cutting edge research is offered for transforming the mind from a negative to a positive state. The seamless span of History for the past four thousand years of nonviolence practice across major religious, spiritual and secular groups is examined to compliment the wave of success for nonviolent people movements over the past 100 years (included are the Tunisian and Egyptian Revolutions of 2011 as well as the Occupy Wall Street Movement of 2011/12). The authors provide an engaging picture of the problems facing us in today's society like the fear and threat of terrorism, and the broader social concerns of damage...



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