



Turning the Mind Into an Ally

Sakyong Mipham

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Strengthening, calming, and stabilizing the mind is the essential first step in accomplishing nearly any goal.

Growing up American with a Tibetan twist, **Sakyong Mipham** talks to Westerners as no one can: in

idiomatic English with stories and wisdom from American culture and the great Buddhist teachers. **Turning the Mind Into an Ally** makes it possible for anyone to achieve peace and clarity in their lives.

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