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The subtitle of Karuna Cayton ' s new book makes its intention clear: “ How We Create Our Own Problems and How Buddhist Psychology Can Help Us Solve Them. ” . Cayton is a “ psychotherapist, business therapist and coach to help people lead a more balanced life, ” and a student and practitioner of Tibetan Buddhism.

The Misleading Mind: How We Create Our Own Problems and ...

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The Misleading Mind by Karuna Cayton is a book that will be incredibly useful to anyone who wants to improve their quality of life with Buddhist Psychology. Karuna has worked as a psychotherapist, business psychologist and coach for over two decades, and he also happens to be a long-time student of Lama Zopa Rinpoche (Head and co-founder of the Foundation for the Preservation of the Mahayana Tradition) and the late Lama Thubten Yeshe.

The Misleading Mind - Buddhist Book Reviews

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Research shows the majority of us feel this way, but the good news is that we can do something about—and Karuna Cayton ’ s book *The Misleading Mind* teaches us how. A psychotherapist and practicing Buddhist, Karuna has written an easily digestible book that offers solutions to the mental anguish we often perpetuate through misguided thinking.

Giveaway and Author Interview: The Misleading Mind

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THE MISLEADING MIND - New World Library

The Misleading Mind How We Create Our Own Problems and How Buddhist Psychology Can Help Us Solve Them. Karuna Cayton. 4.5, 6 Ratings; \$10.99; \$10.99; Publisher Description. Buddhism asserts that we each have the potential to free ourselves from the prison of our

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Mislead definition is - to lead in a wrong direction or into a mistaken action or belief often by deliberate deceit. How to use mislead in a sentence. Synonym Discussion of mislead.

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