



# **The Mind Is Mightier Than the Sword: Enlightening the Mind, Opening the Heart**

*Lama Surya Das*

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**The Mind Is Mightier Than the Sword: Enlightening the Mind, Opening the Heart** *Lama Surya Das*  
From bestselling author and beloved teacher **Lama Surya Das** comes a thorough, engaging, and user-friendly guide to the teachings of Buddhism.

Lama Surya Das is one of the most well-regarded Buddhist teachers and scholars in America today. His books have sold hundreds of thousands of copies and his seminars and retreats are continually in demand. In part, it is his straightforward, accessible, and humorous approach that audiences react so strongly to—and in *The Mind Is Mightier Than the Sword*, Surya brings that unique approach to a comprehensive guide to the most essential Buddhist teachings.

For beginners and experienced practitioners alike, Lama Surya Das outlines his Six Building Blocks of Spiritual Practice and offers insight and advice not only on how to find and develop a spiritual center, but how to integrate it into your daily life. From daily meditation and yoga to creative work, journaling, volunteering in your community, and finding teachers in unexpected places, Buddhist practice can and should be part of everything you do. *The Mind Is Mightier Than the Sword* is a practical guide to using the teachings of Buddhism to live a happier, healthier, more enlightened life.

*From the Trade Paperback edition.*



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