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The Misleading Mind: How We Create Our Own Problems and How Buddhist Psychology Can Help Us Solve Them

Karuna Cayton

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Buddhism asserts that we each have the potential to free ourselves from the prison of our problems. As practiced for more than twenty-six hundred years, the process involves working with, rather than against, our depression, anxiety, and compulsions. We do this by recognizing the habitual ways our minds perceive and react — the way they mislead. The lively exercises and inspiring real-world examples Cayton provides can help you transform intractable problems and neutralize suffering by cultivating a radically liberating self-understanding.

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