



Conquest of Mind: Take Charge of Your Thoughts and Reshape Your Life Through Meditation (Essential Easwaran Library)

Ekknath Easwaran

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Getting caught in unwanted thoughts and emotions can feel like an inevitable part of life. But Easwaran, who taught meditation for nearly 40 years, shows a way to break free.

Just as a fitness routine can result in a strong, supple body, spiritual disciplines can shape a secure personality and a resilient, loving mind.

And opportunities to grow stronger spiritually arise not only during meditation but throughout the day.

Working with difficult colleagues, going out to eat, and responding to a child's needs are all occasions to try out different, wiser choices.

With humor and empathy, Easwaran places timeless teachings from the Buddha and other mystics into contemporary scenes — watching a juggler on the street, taking a tennis lesson, going to the theater. Training the mind is life's biggest adventure, one that brings deepening relationships, increasing vitality, and a greater sense of purpose.

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