



# Diamond Mind

*Rob Nairn*

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## **Diamond Mind** Rob Nairn

If meditation were easier, Rob Nairn writes, more people would hang in there and become enlightened. Fortunately, Rob's training in both Buddhism and psychology make him especially well qualified to help us do just that. With clarity and humor, he helps us understand how we generate the clouds of anxiety, desire, and anger that obscure our inherent happiness. Eight specific practices and five question-and-answer sessions illuminate the psychology of meditation—how our minds work when we meditate, and how we might release and dissolve the conditioning and unresolved issues that get in our way.

This book is suitable as a course of study by individuals or groups, and includes a special appendix for group facilitators.

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Playing with family in a very park, coming to see the coastal world or hanging out with friends is thing that usually you may have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Diamond Mind, you can enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout men. What? Still don't understand it, oh come on its named reading friends.

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