



Buddhist Psychology: The Foundation of Buddhist Thought, Volume 3

Geshe Tashi Tsering

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This new volume from the *Foundation of Buddhist Thought* series, provides a stand-alone and systematic - but accessible - entry into how Buddhism understands the mind. Geshe Tashi, an English-speaking Tibetan monk who lives in London, was trained from boyhood in a traditional Tibetan monastery and is adept in communicating this classical training to a modern Western audience.

Buddhist Psychology addresses both the nature of the mind and how we know what we know. Just as scientists observe and catalog the material world, Buddhists for centuries have been observing and cataloging the components of inner experience. The result is a rich and subtle knowledge that can be harnessed to the goal of increasing human well being.

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