

**BECOMING YOUR OWN THERAPIST & MAKE YOUR MIND  
AN OCEAN**

**Francis Dean Morrissette**

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Becoming Your Own Therapist. An Introduction to the Buddhist Way of Thought.. and.. Make Your Mind an Ocean. Aspects of Buddhist Psychology. Edited by.

Becoming Your Own Therapist has ratings and 16 reviews. Sandy said: This volume is combined with Make Your Mind an Ocean. Edited from Lama's talks.

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This book is made possible by kind supporters of the Archive who, like you, appreciate how we make these teachings available in so many ways, including in our website for instant reading, listening or downloading, and as printed and electronic books. Make Your Mind an Ocean The talks in this booklet are on the general topic of the mind.

AnnieThubtenyesheraedititwasamazingOct09, Lama presented one of the talk to a group of psychiatrists who were delighted to meet and question Lama, and this historic exchange underscores the difference between Western and Buddhist concepts of mental health. The path is laid out directly as wisdom .

Eventhoughyoumightsayyou'reapractitionerofthisorthatreligion,ifyou was one of the first Buddhist books I'd ever read and, by far, one of the best. I like its combination of lecture and q and a.