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Unlimiting Mind: The Radically Experiential Psychology of Buddhism

Andrew Olendzki

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Unlimiting Mind: The Radically Experiential Psychology of Buddhism Andrew Olendzki
Both broad and deep, this eye-opening book is one of the best available overviews of the radical psychological teachings underlying the Buddhist approach to freedom and peace. Sophisticated without being daunting, brilliantly clear without becoming simplistic, Andrew Olendzki's writing is filled with rich phrases, remarkable images, and the fruits of decades of careful thought. Grounded in profound scholarship, psychological sophistication, and many years of teaching and personal practice, this much-anticipated collection of essays will appeal to anyone looking to gain a richer understanding of Buddhism's experiential tools for exploring the inner world. In *Unlimiting Mind*, Olendzki provokes fresh and familiar reflections on core Buddhist teachings.

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