



# Diamond Mind: A Psychology of Meditation

*Rob Nairn*

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## **Diamond Mind: A Psychology of Meditation** Rob Nairn

### Buddhism

teaches that the mind is the source of 100 percent of all unhappiness: anxiety, agitation, desire, anger, grief. Through understanding how our mind works, it is possible to tame it—and to discover that happiness, wisdom, compassion, and clarity are actually inherent qualities in all of us. Much has been written of this subject, but Rob Nairn's book is the first to express the principles of Buddhist psychology in a way that is so easy to understand and enjoyable to read—while remaining remarkably accurate and complete. Each chapter includes exercises that bring the truth of the teaching home.

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