



How to Solve Our Human Problems: The Four Noble Truths

By Geshe Kelsang Gyatso

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When things go wrong in our life and we encounter difficult situations, we tend to regard the situation itself as our problem, but in reality whatever problems we experience come from the side of the mind.

If we responded to difficult situations with positive or peaceful mind they would not be problems for us. Eventually we might even regard them as challenges or opportunities for growth and development.

Problems arise only if we respond to difficulties with a negative state of mind. Therefore, if we want to be free from problems, we must transform our mind.

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Editorial Review

From Publishers Weekly

"All our problems... come from our delusions of attachment," writes Gyatso, a Tibetan-born teacher of Buddhism, and "Buddha's teachings are the supreme... method to solve human problems." Gyatso puts this thesis to the test by first offering very brief, general outlines of each of the Four Noble Truths. He spends the bulk of the book examining a particular delusion—anger—in chapters that more or less correspond to those Noble Truths. He begins by pointing out the many problems anger can cause, then investigates why we get angry. Gyatso then sets forth "patient acceptance" as a method of liberating one's mind from anger, and offers specific strategies for nurturing patient acceptance. He rounds out the book with several appendixes addressing topics such as reincarnation and meditation. Gyatso's discussions have mixed effectiveness. At times his insights are penetrating and his illustrations compelling, as when he explains that patient acceptance—far from being passive—requires strength and courage to resist "well-worn mental grooves of intolerance," but at other times he makes assertions with little or no explanation. Moreover, he fails to extrapolate lessons from his anger case study to address other human problems. Fans of Gyatso will find the book helpful, but others may feel he does not deliver on the book's ambitious title.

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From Booklist

"There is no less suffering in the world today," writes Buddhist teacher Geshe Kelsang Gyatso in this clarifying and genuinely instructive primer on the foundation of Buddhism, in spite of how technology has changed the material world. In fact, new technologies have caused dire new global problems, compounding the already demanding challenges inherent in the attempt to live a morally disciplined life. The author of nearly 20 books based on Kadampa Buddhism, a school founded by the Indian Buddhist master Atisha (982-1054 C.E.), Geshe Kelsang Gyatso illuminates the very heart of Buddhist thought and practice by offering exceptionally clear explanations of why individuals should seek to develop their "capacity of mind," and how the law of karma makes every action relevant not only to an individual's life but also to the very future of humankind. Geshe Kelsang Gyatso has a unique gift for simultaneously addressing everyday difficulties--particularly in his useful and inspiring elucidation of how to control anger and practice patience--and bringing into focus the spiritual dimension in which they reverberate. *Donna Seaman*

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Review

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Jessica Adkins:

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