



# The Kindness of Others, A Commentary on the Seven-Point Mind Training

*Geshe Jampa Tegchok*

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# The Kindness of Others, A Commentary on the Seven-Point Mind Training

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**The Kindness of Others, A Commentary on the Seven-Point Mind Training** Geshe Jampa Tegchok

In this book, Khensur Rinpoche Geshe Jampa Tegchok explains how we can train our mind away from self-cherishing, the cause of all suffering, and develop compassion, the cause of everything that is good. He bases his explanation on Kadampa Geshe Chekawa's classic text, The Seven Point Mind Training, which, amongst other things, teaches us how to transform problems into happiness.

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