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The Misleading Mind: How We Create Our Own Problems and ... The subtitle of Karuna Cayton's new book makes its intention clear: "How We Create Our Own Problems and How Buddhist Psychology Can Help Us Solve Them.". Cayton is a "psychotherapist, business therapist and coach to help people lead a more balanced life," and a student and practitioner of Tibetan Buddhism.

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The Misleading Mind by Karuna Cayton is a book that will be incredibly useful to anyone who wants to improve their quality of life with Buddhist Psychology. Karuna has worked as a psychotherapist, business psychologist and coach for over two decades, and he also happens to be a long-time student of Lama Zopa Rinpoche (Head and co-founder of the Foundation for the Preservation of the Mahayana Tradition) and the late Lama Thubten Yeshe.

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