



# Developing Balanced Sensitivity: Practical Buddhist Exercises for Daily Life

*Alexander Berzin*

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## **Developing Balanced Sensitivity: Practical Buddhist Exercises for Daily Life** Alexander Berzin

Alexander Berzin introduces a series of techniques for overcoming insensitivity and hypersensitivity. Based on traditional Buddhist sources, they are presented in non-traditional forms suitable for workshops and private practice. The exercises deal with difficult, everyday situations and show how to access our mind's natural talents; dispel nervousness, insecurity, and low self-esteem; make decisions; deconstruct deceptive appearances; and recognize the clear light nature of the mind.

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