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The Undeclared Mind is a book that combines the teachings of Nichiren Buddhism with the

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The Undeclared Mind: On the Science of Constructing an Indestructible Self by Alex Lickerman. 893 ratings, 4.00 average rating, 62 reviews. The Undeclared Mind Quotes Showing 1-10 of 10. "We may rarely get feedback from the people around us about how meaningfully we've influenced their lives for the better, and even less often how they then may have gone on, as a direct result of our influence, to influence the lives of still others.

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The Undeclared Mind distills the wisdom we need to create true resilience into nine core principles, including: A new definition of victory and its relevance to happiness ; The concept of the changing of poison into medicine ; A way to view prayer as a vow we make to ourselves.

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In The Undeclared Mind, physician Alex Lickerman draws on the tenets of both Nichiren Buddhism and new scientific research to argue that resilience isn't something with which only a fortunate few of us have been born, but rather something we can all take action to develop.

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An undefeated mind is itself what grants us access to the creativity, strength, and courage necessary to find those real solutions, viewing obstacles not as distractions or detours off the main...

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