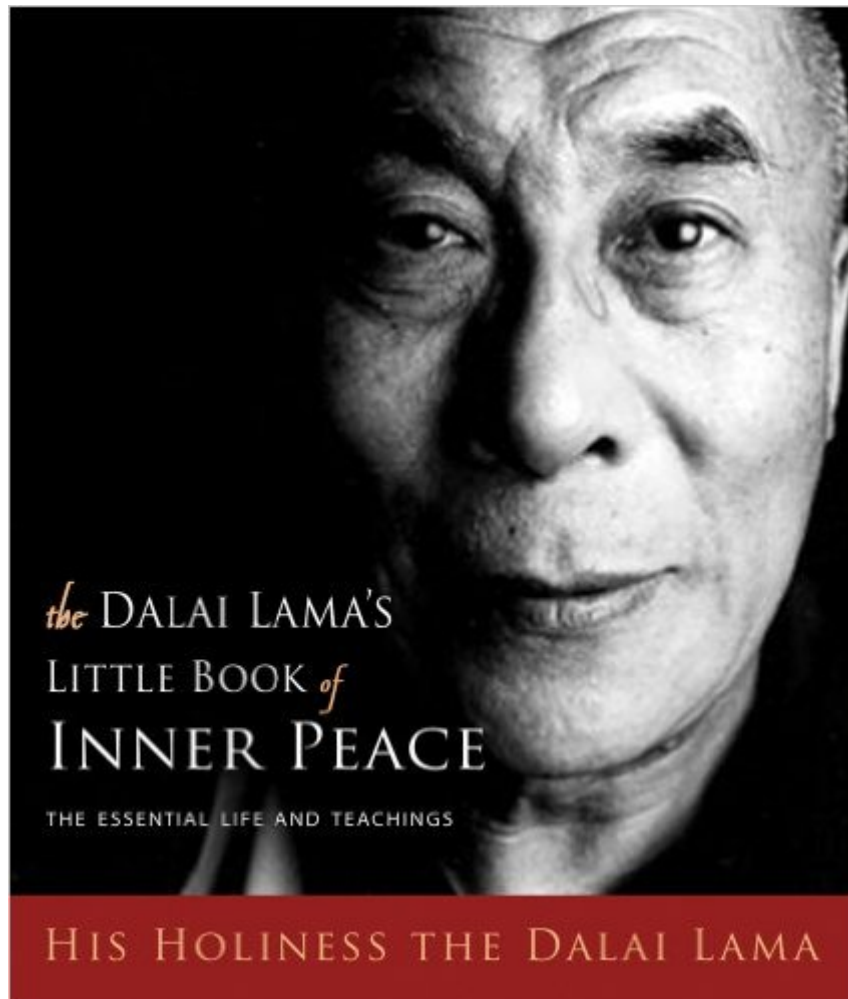


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# The Dalai Lama's Little Book Of Inner Peace: The Essential Life And Teachings



## Synopsis

His Holiness the Dalai Lama offers powerful, profound advice on how to live a peaceful and fulfilling life amidst all the conflicts of the modern world. In this distillation of his life and teachings, the Dalai Lama paints a compelling portrait of his early life, reflecting on the personal and political struggles that have helped to shape his understanding of our world. Offering his wisdom and experience to interpret the timeless teachings of the Buddha, *The Dalai Lama's Little Book of Inner Peace* is fresh and relevant to our troubled times. He explains in a simple and accessible way how each of us can influence those around us by living with integrity. And he holds out hope that, through personal transformation, we can all contribute to a better world.

## Book Information

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## Customer Reviews

This little volume is the perfect vademecum -- it goes with you. There is a little something of probably most everything written by His Holiness, serving as an accurate, short, and valuable overview of the Dalai Lama's life and teachings. If you have never read any of his works before, it is a wonderful introduction. If you have read most of his more involved writings, then it is an exquisite reminder of what you found valuable. For either purpose, I highly recommend it. I tend to carry mine around in a brief case for the few moments of quiet I can find. Better to nibble than to starve, so to speak. I tend to keep spare copies for friends who look "hungry".

An absolute must read for those seeking truth and peace. Much wisdom in this book by this lovely

man. Should be a guide for life to all, espically those who need their eyes & hearts opened.

This book gave me great insight to a general buddhist idea. It is almost like I was reading about many different tradition's thoughts all at once. Not that an eclectic view is bad, just not exactly what I was looking for.

The title says it all. Whether you are or are not a Buddhist this is a great book to read. Think you've got problems? Put your own life into perspective. This is one of the books on my short list that should be in every home. Great read and a quick read.

Something I have told my husband for years . . . not everything is in black and white. Everything has a little gray. Love to know that there are people out there who are accepting of all spirituality. Will keep close to me always. Lovely lessons to learn.

The Dalai Lama teaches wisdom that we can all understand in a language that is accessible to all. The heart of his teachings rests on the great opening of mind and heart that comes from the cultivation of mindfulness. Compassion flows naturally from this natural openness. I also recommend 'The Path of Mindfulness Meditation', available through , to give more on the depth of mindfulness practice.

I really enjoyed the first part of the book which was more like a Biography of the Dalai Lama which I found fascinating, mainly as I was pretty clueless as to the history. Definitely want to read more about that. The rest of the book was snippets of the sayings and teaching of the Dalai Lama.

The Dalai Lama provides some wonderful words of wisdom while giving insight into his history and the history of Nepal. One cannot go wrong purchasing this book. Nice short stories that can be broken up into small readings each day if one chooses.

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