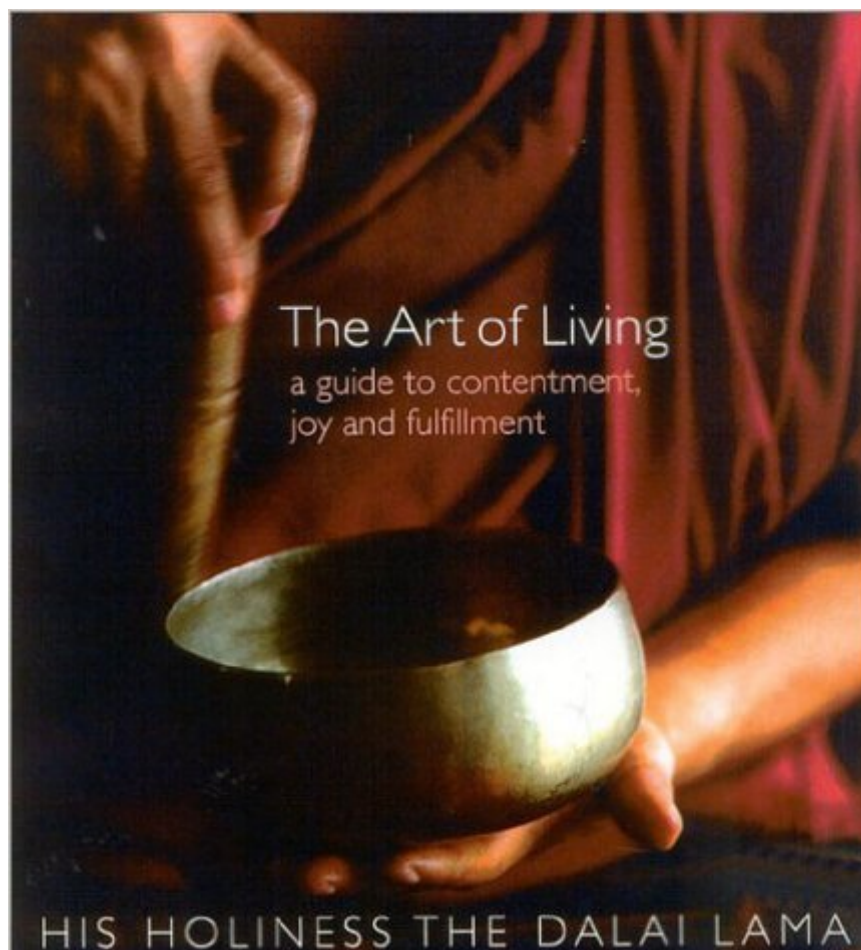


The book was found

The Art Of Living: A Guide To Contentment, Joy And Fulfillment



Synopsis

The simple teaching of His Holiness the Dalai Lama blend beautifully with photographs of the Tibetan landscape and people, monastic and lay practitioners of Buddhism. The full color photos in this book and the Dalai Lama's teaching on living a joyful life offers readers a very personal encounter with the Dalai Lama.

Book Information

Paperback: 176 pages

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (9 customer reviews)

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Customer Reviews

The Art of Living: A Guide to Contentment, Joy and Fulfillment by His Holiness the XIV Dalai Lama - This is wonderful hardback (coffee-table-style) book that presents stunning color photographs that illuminate the rich cultural heritage of Tibetan Buddhism depicting monks and the astounding mountain environment. In addition, His Holiness the Dalai Lama provides unique and informative introductory lessons on living a fulfilling life through a Buddhist perspective. He provides the following six lessons: Contentment, Joy and Living Well; Facing Death and Dying Well; Dealing With Anger and Emotion; Giving and Receiving: A Practical Way of Directing Love and Compassion; Interdependence, Inter-connectedness and the Nature of Reality; and The Challenge for Humanity: An Interfaith Address. It's a concise but enlightening glimpse of the holy Tibetan environment and some of the primary beliefs and practices of Buddhism.

I started studying Buddhism recently and this book was a lovely introduction to the basic teachings. I truly enjoyed every page of it. The photographs and quotes are amazing...

While I was reading *The Art of Living*, many of the passages seemed genuinely thought-provoking and peaceful. I went back and forth about four or five stars for this book. The only reason I hesitated was because I think a lot of people might find some of the writing to be too "deep" as far as regular awareness. Coming from a spiritual approach to life myself, they are intriguing and uplifting. The photographs are worth the purchase alone. This book is filled with ways to make you step past the complexity that the physical world can seem to have. "Simplicity" is the way of peaceful living, which is reiterated many different ways in the Dali Lama's messages. If you are looking for ways to improve the condition of your life and attitude, then this book should be read by you. Jim Fargiano, author of: *The Spoken Words of Spirit: Lessons From The Other Side*

Great book by a great person! Borrowed book from library and had to get my own. A nice guide to refer to every so often! Recommend!

Insightful, and a pleasure to read and view. Deceptively deep and complex from such a charming voice. I am looking forward to reading everything I can.

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