



The Dalai Lama's Little Book of Wisdom

His Holiness the Dalai Lama

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With characteristic humour and a down-to-earth approach to the Buddhist path, the Dalai Lama offers us an inspirational way to transform our hearts and minds and create the happiness we seek. He shows us how our state of mind, in terms of our attitudes and emotions, plays a crucial role in shaping the way we experience happiness and suffering.

This ebook brings together His Holiness the Dalai Lama's thoughts on a variety of subjects, including contentment, compassion, dealing with anger and emotion, giving and receiving, transformation and facing death.

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