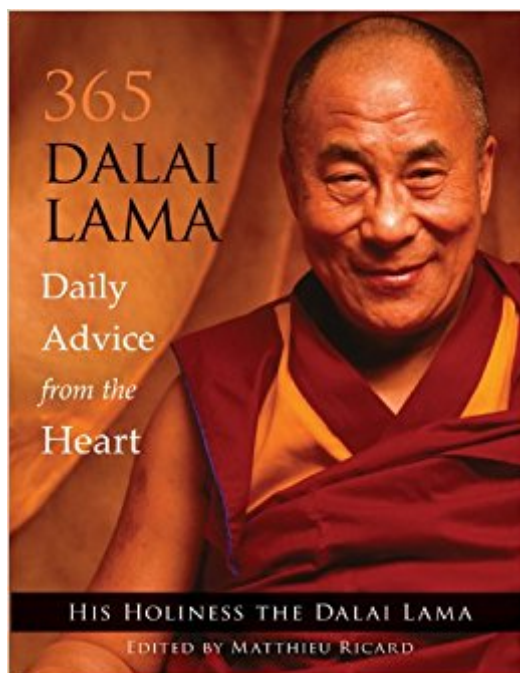


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365 Dalai Lama: Daily Advice From The Heart



Synopsis

Imagine having an audience with the Dalai Lama every day, receiving personal advice about how to make your life better and more joyful. 365 Dalai Lama offers exactly that: short and inspiring words offering enlightening advice for everyday living. The teachings in 365 Dalai Lama offer an opportunity to feel the focus and presence of the Dalai Lama as never before. His holiness shares his advice from the heart on a variety of topics including: Living and Growing Old, Young People and Families, Sickness and Dying, Living in Poverty and Wealth, Anger, Jealousy, Pride, and Desire, Religion and Faith, Sexual Desire and Homosexuality, War and Politics, Mindfulness and a Contemplative Life.

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Customer Reviews

Tenzin Gyatso, His Holiness the XIV Dalai Lama, is the exiled spiritual leader of the Tibetan people. He is widely recognized as an advocate of world peace and has received many honors, including the Nobel Peace Prize.

Maybe it has a lot to do with the positive insight that the Dalai Lama has to offer for ANY situation. A paragraph a day, one page, can make a huge difference in your mindset; either starting the day or dealing with a difficult situation as your day progresses. This book is not overly religious, and it's written in plain terms. Thank you Dalai Lama for your kind and gentle presence.

Great advice from an awesomely great, good person!

Excellent

:-)

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Very nice words from a wonderful human being.

Item was exactly as advertised

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