



The Dalai Lama's Little Book of Buddhism

His Holiness the Dalai Lama

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"The essence of all spiritual life is your attitude to others." --His Holiness the Dalai Lama

With clarity and candor, the Dalai Lama expounds on the core teachings of Buddhism. Fusing ancient wisdom with a modern sensibility, he gently encourages each of us to embrace lives of love and compassion; to embrace individual responsibility.

His pithy reflections encourage us to rid ourselves of preoccupation with the ephemera of daily life and to find refuge in Buddha, Dharma, and Sangha.

Inspiring, provocative, and thoughtful, this slim volume will be read and treasured for years to come.

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Elbert Gibson:

Spent a free time to be fun activity to accomplish! A lot of people spent their free time with their family, or their very own friends. Usually they accomplishing activity like watching television, planning to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the e-book untitled The Dalai Lama's Little Book of Buddhism can be very good book to read. May be it might be best activity to you.

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