



## The Dalai Lama's Book of Love and Compassion (Paperback)

By Dalai Lama XIV

HarperCollins Publishers, United Kingdom, 2002. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. The Dalai Lama is one of the most renowned and loved spiritual leaders in the world. This book is one of a series of bite-sized introductions that make his writing accessible to everybody. In The Dalai Lama's Book of Love and Compassion, His Holiness describes how to bring love and compassion into our daily lives. He explores the fundamentals of the Buddha's teaching, from basic advice on how to love more fully to the importance of compassion. Whoever you are, whatever you believe, this book has something for you. Simply and clearly, The Dalai Lama explains: The need to balance spiritual and material values. Compassion as the basis for human happiness.



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