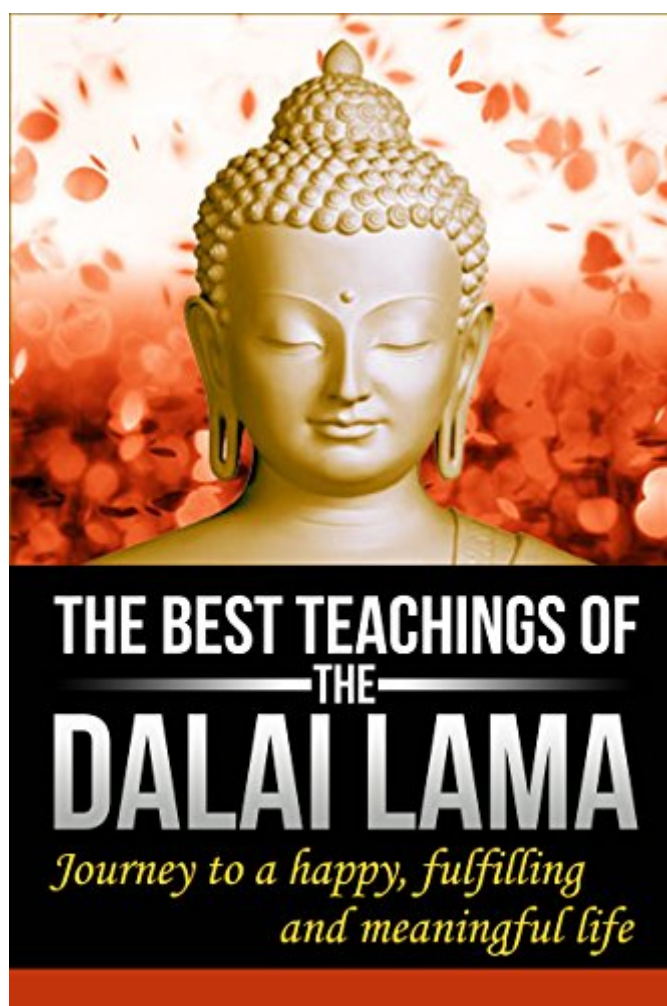


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The Dalai Lama : The Best Teachings Of The Dalai Lama, Journey To A Happy, Fulfilling And Meaningful Life !



Synopsis

Discover The Best Teachings of the Dalai Lama, Journey To a Happy, Fulfilling and Meaningful life Why is The Dalai Lama always smiling? Iâ™m sure Iâ™m not the only one who has asked myself this question. This is a man who has practically lost his country and is now living as the frugal exiled leader of the Tibetans. Why is he smiling? To us there is no logical reason for him to maintain such a sunny deposition â€” so why does he? Itâ™s called happiness! This book explores the Dalai Lamaâ™s teachings on how to achieve the happiness he displays so easily. Beneath the deepness of his words are concepts so easy to understand, youâ™ll wonder why you didnâ™t realize them before now. This book will reveal; What true happiness really is Why love and compassion are the entry points to happiness and how you can cultivate these concepts and apply them in your daily life The things you might be doing that are causing you unhappiness and how to wean yourself off these habits gradually for a happier you What real wisdom is and how it affects your perception of your own suffering, other people and their actions and how to train your mind to reinterpret these events in the correct way Why and how to cultivate mindfulness and incorporate meditation practices into your daily life and increase your enjoyment of your life right now as well. Much, much more! This book is for those who are genuinely seeking happiness. Prepare to be happy! So don't delay and download your copy today

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Customer Reviews

Wow! An uplifting and encouraging read. I personally have learnt a lot from reading this book, the formula provided by Dalai Lama for one to experience true happiness and a fulfilling life are not presented in complicated philosophies, but simple everyday actions we all can practice. I would definitely recommend this book

Well said! We all need good guidances from Dalai Lama often in order to live good life. I'm very grateful and honored to have Dalai Lama in my life.

Though the author makes every attempt to summarize the teachings of the Dalai Lama, the book was clearly written in a rush or never edited. I could not read past the fourth chapter due to the many grammatical errors. Sentences that should have read in opposition of the prior idea (or the antithesis, if you will), agreed with the statement instead, causing the reader to become confused as to whether or not one should or should not do this or that. It is truly a disservice to those seeking to read about how they might try finding tranquility, to have published 3 editions or more of this text, knowingly reprinting something that reads like a first draft of a high school essay.

I greatly enjoyed reading this book. It is very insightful and shares numerous ways of how to handle situations. Excellent work.

Good succinct material to be read over time.

I do not think there is even one person who does not know who is Dalai Lama, or at least that I have not heard mention. This book is a great source of information and wisdom to reach happiness with our own tools and thus lessen the burden of bad emotions that we carry with us always. They have always taught me that if you do not love yourself you can never to love other people and through this book I understood what that meant and comes to love, other parts of the book that I like is about

lying and this entails time, this book helped me to reach a new status in my life and I'm not talking financially, but as spiritual concerns, and get true happiness.

This book I like , I like as much as explains to move from theory to practice , every theory needs your practice if you do not realize is that it is simply no learning is meant in the book , I love to take some reading and perfect my wife also practiced ..Actually buy and know reading is getting getting ready to happiness certainly recommend it 100 percent plus the author has done a great job with the book documentation is perfect and the wording is exactly structured for entindeimiento without being a expert so honestly I still love my book and I will not put it down.

This book was well written and hit on key teaching points. Thank you for the great read and insight in this book!

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