



All You Ever Wanted to Know from His Holiness the Dalai Lama on Happiness, Life, Living, and Much More

By Rajiv Mehrotra

Hay House. Paperback / softback. Book Condition: new. BRAND NEW, All You Ever Wanted to Know from His Holiness the Dalai Lama on Happiness, Life, Living, and Much More, Rajiv Mehrotra, His Holiness the Dalai Lama describes himself as "a simple Buddhist monk." However, to millions of people around the world, he embodies the highest human aspiration: to be happy. His messages of compassion, altruism, and peace are articulated in a unique secular ethic for our times and supported with techniques and practices that can help us achieve these ideals. He is the Dalai Lama--or simply, His Holiness--the epitome of the Buddhist model of loving-kindness and an incarnation of Avalokitesvara, the bodhisattva of infinite compassion and mercy. Evoking global respect and admiration, he is both a prophet and a statesman for our troubled times, yet he's intensely human and accessible. He's an inspiration to millions, yet many feel as if he touches and speaks to them personally. He is a Buddhist but belongs to "all" humanity. His Holiness is one of the most recognizable--and recognized--faces in the free world. This remarkable book is an edited compilation of mostly personal conversations spanning nearly 20 years between the Dalai Lama and Rajiv...



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