



## The Dalai Lama's Little Book of Inner Peace

*By Dalai Lama XIV*

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### **The Dalai Lama's Little Book of Inner Peace** By Dalai Lama XIV

A beautiful and unique new package of this wonderful collection of inspirational thoughts on life, death and rebirth, giving the reader an intimate personal portrait of the His Holiness the Dalai Lama in his own words. A perfect gift, this book shows us how to embrace love and compassion in our everyday lives. This is a wonderful collection of His Holiness the Dalai Lama's thoughts on a wide range of important subjects, including the world today, the different world views of faith, science and religion and the nature of life, death and rebirth. The first section of the book is autobiographical, providing an intimate personal portrait of the Dalai Lama in his own words, discussing his studies, the invasion of Tibet, his meeting with Mao and his views on everything from travelling in China to his perspective on Gandhi. This attractively packaged book will inspire readers with its teachings on love, compassion and how to nurture peace in everyday life.

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### **About the Author**

His Holiness the Dalai Lama is the exiled spiritual leader of the Tibetan people. He was awarded the Nobel peace prize in 1989. He is the author of many books on Buddhism, including Transforming the Mind, The Four Noble Truths, The Art of Happiness and A Simple Path. He lives in Dharamsala, India.

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