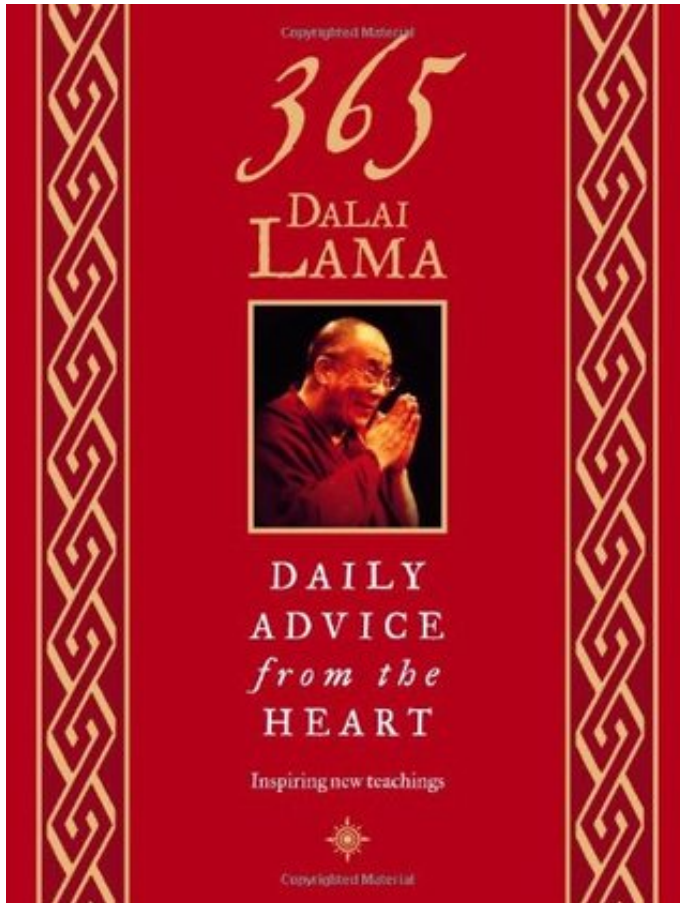


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## Dalai Lama XIV

### 365 Dalai Lama: Daily Advice from the Heart



Title: 365 Dalai Lama: Daily Advice from the Heart

Author: Dalai Lama XIV

Format: Paperback

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## Description

Imagine having two minutes with the Dalai Lama offering you personal advice on how you could live your life better, overcome your problems, be more joyful and create a better world. This revolutionary new book brings you exactly that: short passages to offer you enlightening advice, day by day Meditations are suggested on the following: On the stages of life: for the young, adults, and the elderly / On life situations: for men and women, single people, families, the wealthy, the poor, the sick, the dying and those who care for them, and others from all walks of life. / On your roles in society: for politicians, lawyers, activists, teachers, scientists, businesspeople, writers and journalists, farmers, soldiers, carers and others / On your state of mind: for the happy, the sad, pessimists, optimists, the suffering, the isolated, the angry, the proud, the abused, the shy, the undecided, those with no self-esteem, the indifferent. / On society and the world: war, politics, education, farming, the environment, business, dedicating your life to others, and the future / On your spiritual life: for believers, those who have no religion, contemplatives, those who have great faith, those who want to become Buddhists, those who practice Buddhism.

## Insightful reviews

Lloyd: I keep this book on my nite stand and try to read it every day.

William Teo: Interesting read, aroused my interest to find out more on the history of Tibet. I particularly like how his holiness defined self-confidence - is "an awareness of our inner potential, a certainty that we can always correct our behaviour, improve ourselves, enrich ourselves, and that things are never hopeless."

Dorine: Good book. Originally planned to read an entry daily, but got distracted. Will start over when the mood strikes me.

Danielle: used to be it flawed of me to learn this in 2 nights? that is my kind (impatient). Ironically, this is often what I search tips for. I enjoyed each web page and need I owned a replica to learn the "right" means ;)

William Teo: attention-grabbing read, aroused my curiosity to determine extra at the background of Tibet. I really like how his holiness outlined self-confidence - is "an information of our internal potential, a simple task that we will be able to continually right our behaviour, enhance ourselves, enhance ourselves, and that issues are by no means hopeless."

Mikhaila Christian: This e-book fairly showcases his ideas and ideology with such ease. I suggest how will you in contrast to the Dalai Lama with all of his compassion and sensibility in the direction of the human kind. on a daily basis is sort of a new probability to determine via his eyes in the direction of a topic within which all of us can relate. To be sincere I sped in the course of the publication simply because definite it used to be that good. don't fret you have got the remainder of the yr to learn it . simply take pleasure in each one quote and relish every one

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