



The Dalai Lama's Book of Wisdom

By Dalai Lama

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The Dalai Lama's Book of Wisdom By Dalai Lama

A little book for those in search of words to calm and inspire. In this gift book His Holiness the Dalai Lama imparts his message: the importance of love, compassion and forgiveness.

His Holiness the Dalai Lama describes how to bring wisdom and compassion into our busy, stressful everyday lives.

A beautiful selection of words from His Holiness that will help you to face difficult emotions such as anger in yourself and in others with genuine acceptance and understanding.

The only little gift book based on the words of His Holiness the Dalai Lama, this book should have tremendous appeal especially during the holiday season.

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Editorial Review

About the Author

The Dalai Lama is the spiritual leader of the Tibetan people. He lives in exile in Dharamsala, India. He was awarded the Nobel peace prize in 1989. He is the author of many books on Buddhism including The Four Noble Truths.

Users Review

From reader reviews:

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