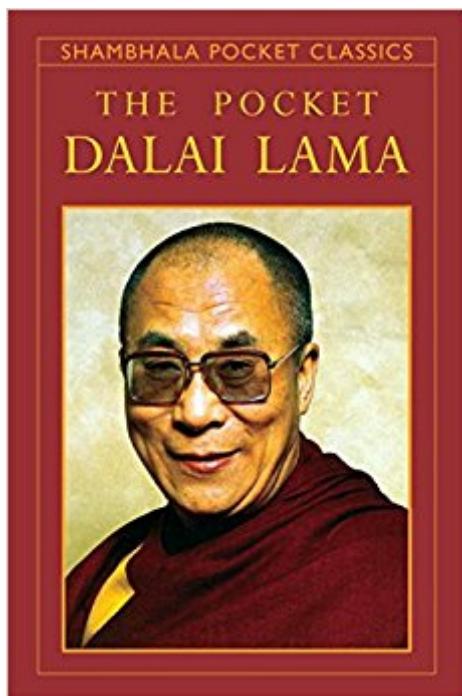


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# The Pocket Dalai Lama (Shambhala Pocket Classics)



## **Synopsis**

This collection of wisdom on a wide range of topics is a pocket-sized inspirational companion for anyoneâ "and the perfect short introduction to the Dalai Lama for the beginner. It includes short gems from many of his teachings made popular in such books as *The Art of Happiness* and *Ethics for the New Millennium*, as well as on subjects such as religion, politics, peacework, and human rights.

## **Book Information**

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## **Customer Reviews**

His Holiness the Fourteenth Dalai Lama is considered the foremost Buddhist leader of our time. The exiled spiritual head of the Tibetan people, he is a Nobel Peace Laureate, a Congressional Gold Medal recipient, and a remarkable teacher and scholar who has authored over one hundred books.

This Chap never stops amazing me!

Pleased with my purchase. It is a handy size to just pull out of purse while I am waiting. I do have something to say about the irresponsible packaging that it arrived in. The books are about 3"X3" and the box it was shipped in was about 8"X10"X4" and stuffed with paper. This cost around \$7! What is the matter with putting it in a small padded envelope and the charges would be about a third of that. Very disappointed in that respect.

Cute little book to keep in your purse. Full of great little tid bits of knowledge.

I throw it in my purse, take it to the gym to read as I ride the bike, I can read it on the bus, and it's all positive!

"The whole world should be demilitarized" - truer words were never spoken. Yet, living in the world as I do, that's just not realistic (yet). I am inspired by this book as it has many ideals to aspire to. The Dalai Lama stands for peace for all living creatures. I'm not sure that I'm there yet. Ideally I would like to not step on a roach or spider should one cross my path, but that is not guaranteed because a lot of it is muscle reflex and muscle memory and instinct. Also, he tells of a story where his friend was held captive and the friend told him that he was fearful that he was in danger. The danger was not safety related like many people would suspect, but the danger was fear of losing compassion for his oppressors. I don't know if I'm there yet - to have compassion on someone oppressing me. Great ideals to aspire to. The only reason why this book didn't get five stars is because the introduction and some of the text lost me at times (a little dry), but I really do like this book and what the Dalai Lama stands for (never give up). 21 Books 21 Days Challenge 2015

"The Pocket Dalai Lama" is compiled and edited by Mary Craig. This is an anthology of short excerpts from the teachings of the fourteenth Dalai Lama, the spiritual leader of Tibetan Buddhists. A note on the copyright page of this Shambhala Pocket Edition notes that this book is an abridged edition of "The Dalai Lama: In My Own Words," first published in the UK. The excerpts are grouped together in several sections which are titled as follows: "Looking for Happiness in a Secular Society

Named for the mythical (?) and mystical kingdom in the East, Shambhala Publications is known for bringing some of the greatest and sometimes most obscure philosophical writings of Mankind to the attention of the general public. Heavily (though not exclusively) concerned with Buddhist and Taoist thought, Shambhala Pocket Classics are an attractive set of unabridged minibooks which fit comfortably in a shirt pocket, making them perfect for reading on planes, trains, and automobiles. Titles in the set include THE BOOK OF TEA, WAY OF THE JEWISH MYSTICS, ZEN FLESH, ZEN BONES, TAO TE CHING, POEMS BY EMILY DICKINSON, THE ART OF WAR, THE TIBETAN BOOK OF THE DEAD and this volume, THE POCKET DALAI LAMA which is, as its name suggests, a brief compilation of quotes and aphorisms by His Holiness the XIV Dalai Lama. Mary

Craig, the editor, comments in her introduction that critics often complain that the Dalai Lama frequently repeats himself, eschewing originality for simplicity. That's true. His message of kindness and compassion doesn't need a lot of rococo embellishments to be meaningful. Want gongs and bells and incense and brocades and silks? Visit a Tibetan Buddhist service. But even there, the words will be the same simple lessons found in this slim volume.

This is a very small book, but it's filled with all kinds of great quotes from the Dalai Lama. No matter what religion you are, nobody can deny the profoundly human wisdom of the Dalai Lama, and the truth of his call for spiritual renewal. These truths radiate through the pages of this book.

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