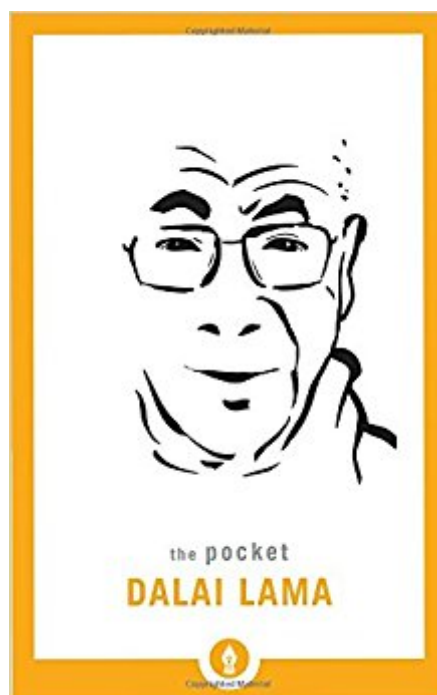


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# The Pocket Dalai Lama (Shambhala Pocket Library)



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Inspirational teachings and wisdom of the leading Buddhist teacher of our time. One of the most influential Buddhist leaders of our time, His Holiness the Fourteenth Dalai Lama is a Nobel Peace Laureate and the exiled spiritual head of the Tibetan people. A tireless teacher and writer, he is the author of dozens of widely acclaimed works, including *The Book of Joy*, *The Art of Happiness* and *The Heart of Meditation* and this compact collection brings together a selection of inspiring short teachings from many of his popular books. Addressing a broad range of subjects, such as nonviolence, impermanence, religion, politics, and human rights, these wise words show the power of goodness even in the most uncertain of times. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

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