



The Compassionate Life

Dalai Lama

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"The key to a happier and more successful world is the growth of compassion." --His Holiness the Dalai Lama

Giving and receiving affection is the key to happiness, and compassion is the key that opens our hearts to affection. Illuminating themes touched upon in *The Good Heart* and *The Art of Happiness*, this generous and gentle book contains some of the most beloved teachings on compassion that the Dalai Lama has ever offered. Touching and transformative, *The Compassionate Life* is a personal invitation from one of the world's most gifted teachers to live a life of happiness, joy, and true prosperity.

Collected here for the first time are four of the Dalai Lama's most accessible and inspiring teachings on compassion. The purpose of life is to be happy, His Holiness reminds us. To be happy, we should devote ourselves to developing our own peace of mind; the more we care for the happiness of others, the greater our own peace of mind. Therefore, we must develop compassion for others in order to be truly happy.

In these four teachings--imbued with the gentle humor and extraordinary kindness of this incomparable teacher--His Holiness explores altruism and the need for compassion on an individual as well as a global scale. He offers specific practices for developing loving-kindness and compassion in even the most difficult situations.

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Louise Wax:

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Amy Rodriguez:

A lot of people always spent all their free time to vacation as well as go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. In order to try to find a new activity that's look different you can read some sort of book. It is really fun for you personally. If you enjoy the book you read you can spent 24 hours a day to reading a book. The book The Compassionate Life it is extremely good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore easily to read this book from a smart phone. The price is not to cover but this book features high quality.

Kenneth Matson:

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