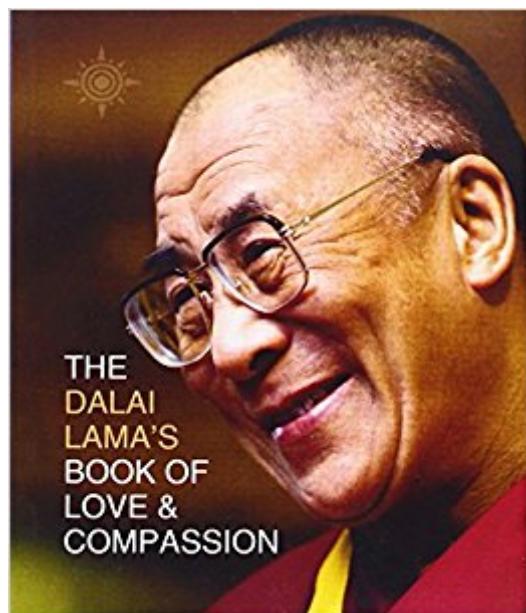


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# The Dalai Lama's Book Of Love And Compassion



## **Synopsis**

The Dalai Lama is one of the most renowned and beloved spiritual leaders in the world. In this small book, intended to speak to everyone, both Buddhist and non-Buddhist alike, he simply and clearly addresses the concerns of modern life.

## **Book Information**

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## **Customer Reviews**

'Genuine compassion is based on a clear acceptance or recognition that others, like oneself, want happiness and have the right to overcome suffering. On that basis one develops concern about the welfare of others, irrespective of one's attitude to oneself. That is compassion.'The Dalai Lama

His Holiness the Dalai Lama is the exiled leader of the Tibetan people. He is the winner of the Nobel Peace Prize and author of numerous international bestsellers.

I found this pocket-size book by His Holiness the Dalai Lama to be inspirational and helpful. You do not have to be a Buddhist to understand what the Dalai Lama has written because this is merely a practical guide, and should not be taken as serious literature if you intend to convert or truly understand Buddhism. It offers enlightenment. There were several good points about this book. However, I did have some disagreements when it came to the Dalai Lama's discussions about particular subjects. He appeared vague and ambiguous. Or probably he was offering the reader to delve deeper within their own faculties to understand his point, if there was one to get at. For one

thing, the question and answer format of the book did appear as if it would appeal to the juvenile group. Overall, his words can appeal universally to readers of all ages looking for a positive outlook in a world that is least than perfect. I recommend this book.

This little booklet is like a precious gem, like a little diamond that radiates love and compassion as its light. I have stumbled on this booklet at one of the airport bookstores. Since that time, I have read this little book so many times, that it fall into pieces ;). Then I glued the pieces together again, and tried to translate it to my native language. This helped me to deepen my understanding and practice of the subject, and I think that reading this could help a great many people these days. If you feel that you are not loved well enough, or if your ability to love and to be compassionate is not as developed as you would love to, this little booklet might be just the thing that you would wish to read. Wishing you good luck and all the best.

In the first half of this book, His Holiness the Dalai Lama dispenses the simple wisdom so familiar to readers of some of his other texts. Based on a talk given by His Holiness in Great Britain, the first half of the book has all of the easy ebb and flow of any open, honest discussion. It is charming, disarming, and profound. The second half of the book, however, consists of a series of sometimes esoteric, exclusively Buddhist questions and answers. This Buddhist catechism is undoubtably of great value to Buddhist parents seeking to raise observant Buddhist children. It probably serves well for new converts to Buddhism, also. However, for the rest of us, the second half of the book can quickly become dry and boring. His holiness has so many great books in print, please do yourself a favor, unless (1) you are seeking to raise good Buddhist children, or (2) thinking of converting, read something else.

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