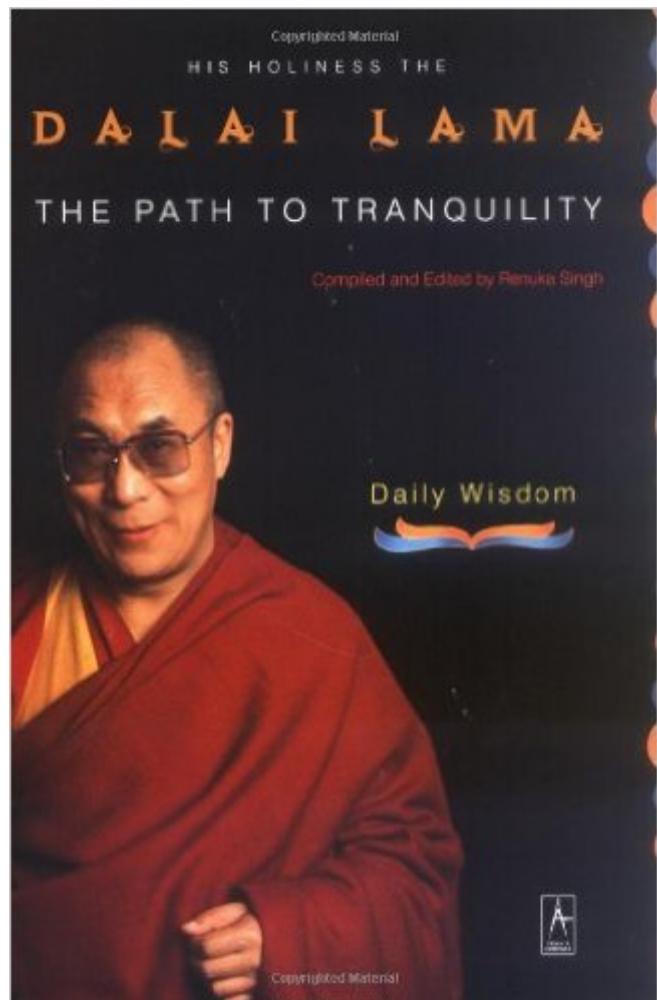


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# The Path To Tranquility: Daily Wisdom (Compass)



## **Synopsis**

The Dalai Lama serves as a living symbol of holiness and selfless triumph over tribulation for people of all religious traditions-as well as those with no religious affiliation at all. This collection of daily quotations drawn from His Holiness's own writings, teachings, and interviews offers words of guidance, compassion, and peace that are as down to earth as they are rich in spirit. Suffused with endearing informality, warmth, and practicality, they cover almost every aspect of human life, secular and religious--from loneliness, suffering, anger, and everyday insecurities to happiness, intimacy, and responsibility to others. With a special foreword by His Holiness on the power of meditation and personal responsibility, *The Path to Tranquility* is a fresh and accessible spiritual treasure to return to day after day, year after year.

## **Book Information**

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## **Customer Reviews**

The daily wisdoms of the Dalai Lama have inspired me each morning . The last thing I do before heading out the door is read my wisdom for the day. It has inspired me, made me think before I act and, most important, made me think about how and why others act. This is the first book by the Dalai Lama I have owned. I am so inspired by it that I have given it as gifts to my friends. His Holiness has such insight and is an inspiration to read. I recommend this book to everyone, religious or not, as I believe we all need a positive thought to begin our day.

I am not a buddhist, nor do I have any intentions of becoming one. But I must admit that this Audio book is full of wisdom. I was blown away over and over by the sayings of the Dalai Lama. Of all the people I have read or heard, I must admit that he is the wisest of all. If you don't mind an occasional reference to reincarnation and rebirth (as a christian, I do not hold these beliefs), then the wisdom from this audio book is more than worth it.

This book is a must for everyone, even if you do not follow Buddhism. The Dalai Lama speaks to the heart and soul of civilization in this book, a collection of his writings, segmented for daily reading. He has amazing insights on how to live life as a happy, healthy, functioning member of society. A friend calls this "written Prozac". It makes you feel good!

The Dalai Lama is one of the wisest and most successful people on this Earth. Any of his books is worth buying. This one is particularly useful, because it is a mix of several different, more specific writings. Its daily format is very helpful. Buy it and read, keep it and read it again.

This book hasn't arrived yet but I already have a copy and am buying it for my friends. It is such a sweet book of daily wisdom. Not devotionals; not religious; just information about what's going on in the world and how an individual can take a tiny step to help and, thereby, become at peace with oneself and others. I'm not one to preach anything; but sometimes a book comes along gives me an early morning thought which carries me through the day. And I want my friends to share in that pleasure. The daily statements are short and concise and thought-provoking.

This book is a compilation of daily thoughts to think and meditate about, a different one for each day of the year. Really good on mobile as it provides daily inspiration and thought provoking ideas. I was hoping for more insight and expansion from the Dalai Lama but maybe my expectation was misguided. I'm going to go meditate on that!

Words of wisdom for each day of the year. While on day's entry may not resonate with me that particular day, another day's entry makes me feel as if the Dalai Lama has seen into my soul. Highly recommended.

Learning about his teachings gives us a different perspective of life because he lives a lovable compassionate life in a world of war and hate. It's up to us to become a better person. Love and

compassion is not something to question but to give and receive.I recommend any of his books.Thank you Dalai Lama for sharing your experiences with us.

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