

The Dalai Lama

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Elaborations on Emptiness

Their meeting captured headlines; the waiting list for tickets was nearly 2000 names long. If you were unable to attend, this book will take you there. Including both the papers given at the conference, and the animated discussion and debate that followed, The Dalai Lama at MIT reveals scientists and monks reaching across a cultural divide, to share insights, studies, and enduring questions. Is there any substance to monks's claims that meditation can provide astonishing memories for words and images? Is there any neuroscientific evidence that meditation will help you pay attention, think better, control and even eliminate negative emotions? Are Buddhists right to make compassion a fundamental human emotion, and Western scientists wrong to have neglected it? The Dalai Lama at MIT shows scientists finding startling support for some Buddhist claims, Buddhists eager to participate in neuroscientific experiments, as well as misunderstandings and laughter. Those in white coats and those in orange robes agree that joining forces could bring new light to the study of human minds.

365 Dalai Lama

An instant New York Times bestseller Two spiritual giants. Five days. One timeless question. Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships—or, as they would say, because of them—they are two of the most joyful people on the planet. In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life's inevitable suffering? They traded

intimate stories, teased each other continually, and shared their spiritual practices. By the end of a week filled with laughter and punctuated with tears, these two global heroes had stared into the abyss and despair of our time and revealed how to live a life brimming with joy. This book offers us a rare opportunity to experience their astonishing and unprecedented week together, from the first embrace to the final good-bye. We get to listen as they explore the Nature of True Joy and confront each of the Obstacles of Joy—from fear, stress, and anger to grief, illness, and death. They then offer us the Eight Pillars of Joy, which provide the foundation for lasting happiness. Throughout, they include stories, wisdom, and science. Finally, they share their daily Joy Practices that anchor their own emotional and spiritual lives. The Archbishop has never claimed sainthood, and the Dalai Lama considers himself a simple monk. In this unique collaboration, they offer us the reflection of real lives filled with pain and turmoil in the midst of which they have been able to discover a level of peace, of courage, and of joy to which we can all aspire in our own lives.

The Dalai Lama and the Emperor of China

His Holiness the Dalai Lama is an extraordinary example of a life dedicated to peace, communication, and unity. What he represents, and what he has accomplished, heals and transcends the current tensions between Tibet and China. Why the Dalai Lama Matters explores just why he has earned the world's love and respect, and how restoring Tibet's autonomy within China is not only possible, but highly reasonable, and absolutely necessary for all of us together to have a peaceful future as a global community. In the few decades since the illegal Chinese invasion of Tibet, Tibetans have seen their ecosystem destroyed, their religion, language, and culture repressed, and systematic oppression and violence against anyone who dares acknowledge Tibetan sovereignty. Yet, above it all, the Dalai Lama has been a consistent voice for peace, sharing a "Middle-Way" approach that has gathered accolades from the Nobel Peace Prize to the U.S. Congressional Gold Medal. Modeling this peaceful resistance shows the world that nobody is free unless everybody is free -- and that a solution exists that can benefit all parties, not just one. And more than just his nation have taken notice. His inter-religious dialogues, honest, humble demeanor, and sense of compassionate justice sets him apart in a world at war with itself. When China changes policy and lets Tibetans be who they are, Tibet can, in turn, join with China in peaceful coexistence. Why the Dalai Lama Matters is not merely a book about Tibet or the Dalai Lama. It is a revealing, provocative solution for a world in conflict, dealing with the very fundamentals of human rights and freedoms. By showing the work that the Dalai Lama has done on behalf of his people, Thurman illuminates a worldwide call to action, showing that power gained by might means nothing in the face of a determined act of truth.

The World of Tibetan Buddhism

Simple and accessible wisdom from His Holiness the Dalai Lama on how we stay in the moment in the midst of the demands

and stresses of everyday life. Be Here includes discussions of the Buddhist concepts of attachment, emptiness, compassion, love, and resentment and how our sense of the past and the future affect our ability to be in the present. Many Buddhist practices and meditations focus on "being in the present moment." But what does that really mean? What does it mean to be here now? Attachment. Emptiness. Compassion. You will hear the Dalai Lama present these three words again and again in this book of wisdom designed to move us toward the goal of "being here." He speaks of attachment - to things, to people, to memory, to feelings of anger and resentment, to future goals. Being attached means we are not here now; we are living through wherever our attachment takes us. Does emptiness mean we let go of everything? Even the present thoughts in our minds? How does understanding emptiness help us to be here now? The Dalai Lama is clear: if we are not educated about past history and if we have no sense of the future, then how can we possibly have a "present"? When we are here, we can practice compassion in the present moment and focus on social justice now. When we are here, we are no longer attached to our past, no longer stressed about the future, no longer tethered to suffering. Being here means we find happiness, peace, and the fullness of life.

The Dalai Lama at MIT

Drawing on more than 2,500 years of Buddhist tradition and teaching, the spiritual leader demonstrates how to confront the negative emotions, stresses, and obstacles of everyday life in order to find the source of inner peace.

His Holiness

This little book contains the core teaching on Buddhism by the Dalai Lama. It includes thought-provoking quotations about the importance of love and compassion, and the need for individual responsibility, fuses ancient wisdom with an awareness of the problems of everyday life. In addition to containing the essence of Buddhism, this book offers practical wisdom for daily life. The goal of this small gift book is to improve the reader's state of mind and to discover the deep peace that exists within. Here are pithy reflections on the need to rid oneself of preoccupations with mundane concerns and to find refuge in Buddha, Dharma, and Sangha.

Why Is the Dalai Lama Always Smiling?

Presents daily words of timeless wisdom and heartfelt advice for people of all walks of life and religious backgrounds on how to find true happiness, serenity, and fulfillment in one's life and bring true peace to the world around.

How to Practice

A simple and accessible guide for finding and embracing happiness from one of the spiritual giants of our time Nobody wakes up in the morning wishing for more trouble that day. However, emotional trouble--unhappiness--is essentially our own creation. This book explores two things you need to know about unhappiness and how to replace it with joy. The first is the failure to understand reality, and the second is egotism. Together they result in distress, dis-ease, and a failure to take personal responsibility. His Holiness the Dalai Lama counsels readers to take responsibility for their thoughts and actions; to understand that our problems are of our own making and not the result circumstances or the actions of others. He presents a path for taking charge of our lives. Accessible, direct, and down-to-earth, this slender volume is for fans of the Dalai Lama, as well as anyone looking for an easy-to-understand guide to an authentic and joyful life.

The Dalai Lama's Big Book of Happiness

A full-scale history of the Dalai Lamas and Tibetan Buddhism chronicles the stories of Tibet's Dalai Lamas for lay readers, sharing lesser-known colorful aspects of their lives, a selection of lighthearted poems and a profile of today's 14th Dalai Lama. Original.

The Dalai Lama's Cat and the Art of Purring

This book contains the essential guide to some of the central Buddhist teachings based on the recent UK lectures by his holiness.

Why the Dalai Lama Matters

The Heart Sutra is perhaps the most famous Buddhist text, traditionally regarded as a potent expression of emptiness and of the Buddha's perfect wisdom. This brief, seemingly simple work was the subject of more commentaries in Asia than any other sutra. In *Elaborations on Emptiness*, Donald Lopez explores for the first time the elaborate philosophical and ritual uses of the Heart Sutra in India, Tibet, and the West. Included here are full translations of the eight extant Indian commentaries. Interspersed with the translations are six essays that examine the unusual roles the Heart Sutra has played: it has been used as a mantra, an exorcism text, a tantric meditation guide, and as the material for comparative philosophy. Taken together, the translations and essays that form *Elaborations on Emptiness* demonstrate why commentary is as central to modern scholarship on Buddhism as it was for ancient Buddhists. Lopez reveals unexpected points of instability and contradiction in the Heart Sutra, which, in the end, turns out to be the most malleable of texts, where the logic of commentary serves as a tool of both tradition and transgression.

The Seed of Compassion

A contemporaneous account of the events that led to the Dalai Lama's momentous decision to leave Tibet and seek sanctuary in India. --

Emotional Awareness

For the first time ever, Nobel Peace Prize Laureate His Holiness the Dalai Lama addresses children directly, sharing lessons of peace and compassion, told through stories of his own childhood. One of today's most inspiring world leaders was once an ordinary child named Lhamo Thondup. In a small village in Tibet, his mother was his first great teacher of compassion. In everyday moments from his childhood, young readers begin to see that important lessons are all around us, and that they, too, can grow to truly understand them. With simple, powerful text, the Dalai Lama shares the universalist teachings of treating one another with compassion, which Bao Luu illustrates beautifully in vibrant color. In an increasingly confusing world, *The Seed of Compassion* offers guidance and encouragement on how we all might bring more kindness to it.

Ethics for the New Millennium

This biography of the Dalai Lama--blessed by His Holiness himself--is the most authentic and intimate profile of the world's greatest living spiritual figure. Tenzin Geyche Tethong, a close aide of His Holiness for forty years who became family, offers readers unprecedented access to the Dalai Lama in this beautifully illustrated book. The Dalai Lama's youngest brother, Ngari Rinpoche Tenzin Choegyal, who was only 12 years old when he accompanied His Holiness on his dangerous 1959 escape to India, is a personal friend of Tethong and the mentor for this book project. As "elders" to the Tibetan community in exile, these men have come together to tell the true story of His Holiness--their brother, friend, and leader. Featuring previously unpublished photographs, as well as interviews and memories of those closest to him, this book renders unparalleled insights into the Dalai Lama's experiences as the preeminent leader of Tibet, and the wealth of his compassion and gentle humor in the face of the ongoing conflict. This is in no small part due to Tethong and Ngari Rinpoche's unique perspectives on many sensitive issues. Richly compelling, *His Holiness the Fourteenth Dalai Lama: An Illustrated Biography* is a stunning visual celebration of the Dalai Lama, sketching a memorable portrait of an icon and a cause that have won the attention and hearts of billions across the world. * As his long-time personal secretary, Tethong was privy to the Dalai Lama's difficult relationship with India during his exile, with many challenges arising from his host country's ambivalence to Tibet. Tethong candidly discusses India's lackluster attempts at uplifting his people--denying them official documentation, restricting employment, and crowding refugees in the remote location of Dharmasala--citing its fear of angering China as the reason behind its ambivalence towards Tibet. * Ngari Rinpoche revisits his own profound memory

of their exile: his time in the Special Frontier Force, or the "22" of the Indian Army, a period of his life for which there had previously been little recorded information. Ngari Rinpoche and his wife, Rinchen Khando, were one of the many Tibetans who joined this covert force with the intent of fighting the Chinese, under the guidance of intelligence agencies such as India's RAW and the American CIA. For the very first time, they discuss their American colleagues, the disappointments they faced as part of the "22," and the experiences that led to Ngari Rinpoche's depressive episode. * Tethong also sheds much-needed light on the Dalai Lama's Nobel Prize-winning campaign for the spiritual and political liberation of his people. He adopts a nuanced approach towards the Dalai Lama's non-violent struggle for Tibetan autonomy, writing frankly about their attempts to mediate the political differences between younger Tibetans in Dharmshala and the Tibetan administration. He also explores the numerous political difficulties faced by the Dalai Lama's cause in the years before its worldwide recognition.

Who Is the Dalai Lama?

If you think meditation is only for monks, think again. Today's world seems to be growing more and more stressful by the minute—for all of us. So now, as a teacher of Tibetan Buddhist practice and a 21st-century woman, Lama Tsomo offers us time-tested tools for getting underneath our everyday worries and making our lives richer and more fulfilling. In *Why Is the Dalai Lama Always Smiling?* she acts as our lively, approachable guide to using the ancient traditions and practices of Tibetan Buddhism to find happiness and peace in this modern world. Through step-by-step instructions, photographs, and helpful explanations, Lama Tsomo shows how we can start experiencing the many benefits of meditation for ourselves. She offers proven techniques for sharpening our focus, enhancing our relationships, and living each day more mindfully and joyfully. Laced with humor, compassion, and stories from Lama Tsomo's own life, *Why Is the Dalai Lama Always Smiling?* meets us where we are and guides us onto, and along, the path to a deeper awareness of our world and ourselves. Lama Tsomo's personal and spiritual journey to greater happiness can now be ours as well. As she invites in the Prologue, "Won't you come along?" The book features an introductory letter from H.H. Dalai Lama, portable meditation cards, "Science Tidbits", glossary of buddhist terms and lessons used in Namchak Foundation eCourses and retreats.

Be Happy

"The need for love lies at the very foundation of human existence." —XIV Dalai Lama The words of the Dalai Lama resonate within each of us, empowered as they are by centuries of experience and a passionate, enduring spirit for peace on Earth. Tenzin Gyatso, the current and XIV Dalai Lama, has continued this grand legacy, traveling the world while spreading his personal doctrine of compassion and true understanding. And with each year that passes, more and more people come to know the Lama, and seek his wisdom on a breadth of topics, from world peace to a life well-lived. Presented in an elegant,

attractive format, The Dalai Lama Book of Quotes collects the very best of the Lama's sage wisdom, assembled from quotes, articles, speeches, and written works directly attributed to His Holiness. Organized into universal themes that everyone can relate to, The Dalai Lama Book of Quotes touches on themes ranging from love, to spirituality, to happiness and humanity. This inspirational book makes a wonderful gift for anyone seeking greater personal well-being and a life informed by compassion and faith. Each thought from the Lama is sure to inspire and invigorate you throughout your day, as your eyes are opened to a more beautiful way of looking at the world. Simple and accessible for all ages, this inspirational title makes a great gift for anyone seeking to incorporate the wisdom of the ages and a love that transcends lifetimes into their daily life. From the Hardcover edition.

The Dalai Lama

One Of The Most Acclaimed And Perceptive Observers Of Globalism And Buddhism Now Gives Us The First Serious Consideration For Buddhist And Non-Buddhist Alike Of The Fourteenth Dalai Lama S Work And Ideas As A Politician, Scientist, And Philosopher. Pico Iyer Has Been Engaged In Conversation With The Dalai Lama (A Friend Of His Father S) For The Last Three Decades An Ongoing Exploration Of His Message And Its Effectiveness. Now, In This Insightful, Impassioned Book, Iyer Captures The Paradoxes Of The Dalai Lama S Position: Though He Has Brought The Ideas Of Tibet To World Attention, Tibet Itself Is Being Remade As A Chinese Province; Though He Was Born In One Of The Remotest, Least Developed Places On Earth, He Has Become A Champion Of Globalism And Technology. He Is A Religious Leader Who Warns Against Being Needlessly Distracted By Religion; A Tibetan Head Of State Who Suggests That Exile From Tibet Can Be An Opportunity; An Incarnation Of A Tibetan God Who Stresses His Everyday Humanity. Moving From Dharamsala, India The Seat Of The Tibetan Government-In-Exile To Lhasa, Tibet, To Venues In The West, Where The Dalai Lama S Pragmatism, Rigor, And Scholarship Are Sometimes Lost On An Audience Yearning For Mystical Visions, The Open Road Illuminates The Hidden Life, The Transforming Ideas, And The Daily Challenges Of A Global Icon.

The Dalai Lama

With characteristic humour and a down-to-earth approach to the Buddhist path, the Dalai Lama offers us an inspirational way to transform our hearts and minds and create the happiness we seek. He shows us how our state of mind, in terms of our attitudes and emotions, plays a crucial role in shaping the way we experience happiness and suffering.

The Dalai Lama's Little Book of Inner Peace

For more than half a century, in such books as The Art of Happiness and The Dalai Lama's Little Book of Inner Peace, the

Dalai Lama has guided us along the path to compassion and taught us how to improve our inner lives. In *A Force for Good*, with the help of his longtime friend Daniel Goleman, the New York Times bestselling author of *Emotional Intelligence*, the Dalai Lama explains how to turn our compassionate energy outward. This revelatory and inspiring work provides a singular vision for transforming the world in practical and positive ways. Much more than just the most prominent exponent of Tibetan Buddhism, the Fourteenth Dalai Lama is also a futurist who possesses a profound understanding of current events and a remarkable caniness for modern social issues. When he takes the stage worldwide, people listen. *A Force for Good* combines the central concepts of the Dalai Lama, empirical evidence that supports them, and true stories of people who are putting his ideas into action—showing how harnessing positive energies and directing them outward has lasting and meaningful effects. Goleman details the science of compassion and how this singular guiding motivation has the power to • break such destructive social forces as corruption, collusion, and bias • heal the planet by refocusing our concerns toward our impact on the systems that support all life • reverse the tendency toward systemic inequity through transparency and accountability • replace violence with dialogue • counter us-and-them thinking by recognizing human oneness • create new economic systems that work for everyone, not just the powerful and rich • design schooling that teaches empathy, self-mastery, and ethics Millions of people have turned to the Dalai Lama for his unparalleled insight into living happier, more purposeful lives. Now, when the world needs his guidance more than ever, he shows how every compassion-driven human act—no matter how small—is integral for a more peaceful, harmonious world, building a force for a better future. Revelatory, motivating, and highly persuasive, *A Force for Good* is arguably the most important work from one of the world’s most influential spiritual and political figures. Praise for *A Force for Good* “*A Force for Good* offers ideas that every individual can work with and build on, ranging from things that help the environment to things that help the less fortunate. [It’s] a long-range, global plan from a brilliant futuristic thinker, so this is a book that can be of value to any human living on Earth. When you’re ready for a jolt of optimism, pick up this book.”—Pop Culture Nerd “Far from being a self-help book, this examines specific ideas espoused by the Dalai Lama, such as emotional hygiene, compassionate economy, and education of the heart that can make the world a better place. An optimistic and thoughtful primer with practical applications.”—Booklist From the Hardcover edition.

The Four Noble Truths

Everyone wants to be happy. Here in this profound volume is a road map for discovering a life filled with happiness, joy, and a sense of purpose. The Dalai Lama’s basic premise is that each of us is responsible for our own health and happiness and for the health of society. He further asserts that health and happiness are within our reach—both individually and collectively. How a person thinks, behaves, and feels ultimately impacts not only their own lives, but also the society in which they live. If you desire to attain happiness, you must understand that the journey begins with you. It is only then that you can reach out and touch the lives of others and change society. In this anthology, His Holiness the Dalai Lama, with

characteristic wisdom, humor, and kindness, directs readers toward a happy, healthy, and peaceful life. Talking about universal themes such as compassion, peace, non-violence, secularism, and the pursuit of a healthy mind and body, he reminds us that the responsibility to change our thoughts, actions, and lives lies within our power. This is a book for fans of His Holiness, for spiritual seekers, and for those interested in the spiritual and emotional health of individuals and societies.

The Dalai Lama Book of Quotes

One of humankind's most respected religious leaders presents a plan for a new human and social paradigm, arguing that humankind is not inherently sinful, and discussing how redirection in the perception of our fundamental natures can bring powerful and positive change. (Spiritual Life)

Selected Writings of His Holiness, the 14th Dalai Lama

Two leading thinkers engage in a landmark conversation about human emotions and the pursuit of psychological fulfillment. At their first meeting, a remarkable bond was sparked between His Holiness the Dalai Lama, one of the world's most revered spiritual leaders, and the psychologist Paul Ekman, whose groundbreaking work helped to define the science of emotions. Now these two luminaries share their thinking about science and spirituality, the bonds between East and West, and the nature and quality of our emotional lives. In this unparalleled series of conversations, the Dalai Lama and Ekman prod and push toward answers to the central questions of emotional experience. What are the sources of hate and compassion? Should a person extend her compassion to a torturer—and would that even be biologically possible? What does science reveal about the benefits of Buddhist meditation, and can Buddhism improve through engagement with the scientific method? As they come to grips with these issues, they invite us to join them in an unfiltered view of two great traditions and two great minds. Accompanied by commentaries on the findings of emotion research and the teachings of Buddhism, their interplay—amusing, challenging, eye-opening, and moving—guides us on a transformative journey in the understanding of emotions.

The Dalai Lama's Little Book of Wisdom

Dalai Lama, My Son

In this fascinating memoir the Dalai Lama's mother tells a compelling woman's story. With vivid and intimate details, she recounts her life's humble beginning, the customs and rituals of old Tibet, the births of her sixteen children (only seven of

whom survived), learning her son's remarkable destiny, the family's arduous move to Lhasa before the Chinese invasion of Tibet, and their escape and eventual exile. Rich in historic and cultural details, this moving memoir personalizes the history of the Tibetan people—the magic of their culture, the role of their women, and their ancient ideals of compassion, faith, and equanimity.

A Force for Good

A major new work in modern Tibetan history, this book follows the evolution of Tibetan Buddhism's trülku (reincarnation) tradition from the seventeenth to the nineteenth centuries, along with the Emperor of China's efforts to control its development. By illuminating the political aspects of the trülku institution, Schwieger shapes a broader history of the relationship between the Dalai Lama and the Emperor of China, as well as a richer understanding of the Qing Dynasty as an Inner Asian empire, the modern fate of the Mongols, and current Sino-Tibetan relations. Unlike other pre-twentieth-century Tibetan histories, this volume rejects hagiographic texts in favor of diplomatic, legal, and social sources held in the private, monastic, and bureaucratic archives of old Tibet. This approach draws a unique portrait of Tibet's rule by reincarnation while shading in peripheral tensions in the Himalayas, eastern Tibet, and China. Its perspective fully captures the extent to which the emperors of China controlled the institution of the Dalai Lamas, making a groundbreaking contribution to the past and present history of East Asia.

The Dalai Lama's Little Book of Buddhism

In *His Holiness*, award-winning photographer Raghu Rai has captured the Dalai Lama's journey in India since exile from Tibet in 1959. Rai presents an intimate photographic portrayal of the life of one of the most popular twentieth-century spiritual leaders. Since the fourteenth Dalai Lama's forced exile from Tibet in 1959, Raghu Rai, one of the world's most famous photographers, has documented his life in India. Now leading Tibetan Buddhists from afar, His Holiness is respected around the world as a pillar of peace and moral strength while he remains separated from his country. Enhanced by historical commentary and archival photos of the Dalai Lama and Tibet, Rai's work follows the spiritual leader's journey from exile through his present worldwide influence in a stunning and intimate photo series. Born to a peasant family in 1935, Lhamo Thondup was recognized at age two as the reincarnation of the Dalai Lama and became the temporal leader of Tibet at age fifteen. In 1959, he was forced into exile in India after the Chinese military occupation of Tibet. Since 1960, he has resided in Dharamsala, aptly known as "Little Lhasa," the seat of the Tibetan government-in-exile. Award-winning photographer Raghu Rai has spent over four decades charting the changing face of India. Photographing subjects from Indira Gandhi and Mother Teresa to the victims of Bhopal, he is one of the most prominent and well-known visual chroniclers of the country. In *His Holiness*, Raghu Rai has captured the journey of the Dalai Lama in India, presenting an

intimate photographic portrayal of the life of one of the most popular twentieth-century spiritual leaders, the Dalai Lama.

My Tibet

With characteristic humility, His Holiness the Dalai Lama begins this landmark survey of the entire Buddhist path by saying, "I think an overview of Tibetan Buddhism for the purpose of providing a comprehensive framework of the path may prove helpful in deepening your understanding and practice." In this book, the Dalai Lama delivers a presentation that is both concise and profound, accessible and engaging. As readers explore Tibetan Buddhism more fully than ever before, they will find in His Holiness a great friend and authority.

Be Here

"What makes you purr? Of all the questions in the world, this is the most important. . . . Because no matter whether you are a playful kitten or sedentary senior, whether you're a scrawny alley Tom, or sleek-coated uptown girl, whatever your circumstances you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna, but an enduring happiness. The deep down happiness that makes you purr from the heart." His Holiness's cat is back—older, a bit wiser, and as curious as ever. In this book, the Dalai Lama sets for his lovable feline companion the task of investigating *The Art of Purring*. Whether it's the humorous insights gained from a visiting Ivy League Psychology Professor, the extraordinary research of a world-famous biologist, or the life-changing revelations of a mystical yogi, His Holiness's Cat encounters a wealth of wisdom about happiness. And what she discovers changes the way she sees herself forever. With a much loved—and growing—cast of characters from the local community and His Holiness's residence, as well as encounters with intriguing strangers and celebrities from far and wide, *The Dalai Lama's Cat and the Art of Purring* will transport readers in another unforgettable story. Along the way they will come to understand how elements of contemporary science and Buddhism converge. And, once again, they will feel the warmth of compassion and nonattachment that radiate from the heart of the Dalai Lama's teachings about our quest for enduring happiness.

The Flight of the Dalai Lama

Through practical exercises and personal anecdotes, a revered spiritual leader shows how individuals' compassion can lead to global changes. By the author of *Becoming Enlightened*. Reprint.

How to Be Compassionate

The first authoritative biography of the Dalai Lama—a story by turns inspiring and shocking—from an acclaimed Tibetan scholar with exceptional access to his subject. The Dalai Lama’s message of peace and compassion resonates with people of all faiths and none. Yet, for all his worldwide fame, he remains personally elusive. At last Alexander Norman—acclaimed Oxford-trained scholar of the history of Tibet—delivers the definitive, unique, unforgettable biography. The Dalai Lama recounts an astonishing odyssey from isolated Tibetan village to worldwide standing as spiritual and political leader of one of the world’s most profound and complex cultural traditions. Norman reveals that, while the Dalai Lama has never been comfortable with his political position, he has been a canny player—at one time CIA-backed—who has maneuvered amidst pervasive violence, including placing himself at the center of a dangerous Buddhist schism. Yet even more surprising than the political, Norman convinces, is the Dalai Lama’s astonishing spiritual practice, rooted in magic, vision, and prophecy—details of which are illuminated in this book for the first time. A revelatory life story of one of today’s most radical, charismatic, and beloved world leaders.

The Path to Enlightenment

“This impassioned account is ideal for readers well versed in current climate change activism, especially efforts spearheaded by Greta Thunberg.”—Library Journal From the voice of the beloved world religious leader comes an eye-opening manifesto that empowers the generation of today to step up, take action and save our environment. Saving the climate is our common duty. With each passing day, climate change is causing Pacific islands to disappear into the sea, accelerating the extinction of species at alarming proportions and aggravating a water shortage that has affected the entire world. In short, climate change can no longer be denied—it threatens our existence on earth. In this new book, the Dalai Lama, one of the most influential figures of our time, calls on political decision makers to finally fight against deadlock and ignorance on this issue and to stand up for a different, more climate-friendly world and for the younger generation to assert their right to regain their future.

Secret Lives of the Dalai Lama

Get to know the Dalai Lama, Tibet's spiritual leader and one of the most popular world leaders today. Two-year-old Lhamo Thondup never imagined he would be anything other than an ordinary child, but after undergoing a series of tests, he was proclaimed the 14th Dalai Lama of Tibet. By age 15, he found himself the undisputed leader of six million people who were facing the threat of a full-scale war from the Chinese. After the defeat of the Tibetan national uprising in 1959, the Dalai Lama had to flee Tibet and went into exile in India. For nearly 50 years, he has aimed to establish Tibet as a self-governing, democratic state. In 1989, he was awarded the Nobel Peace Prize for his nonviolent efforts for the liberation of Tibet and his concern for global environmental problems. As the spiritual leader of Tibetan Buddhism, the Dalai Lama continues to spend

his life working to benefit humanity and preserving Tibetan culture.

Open Road, The

An instructional resource and inspirational guide to daily life describes each step on the path to spiritual enlightenment and explains how to practice everyday morality, meditation, wisdom, and compassion.

Our Only Home

The fourteenth Dalai Lama of Tibet offers his views on world peace and environmental responsibility in a collection of essays accompanied by photographs of his beloved Tibet.

His Holiness the Fourteenth Dalai Lama

A follow-up to the best-selling Ethics for a New Millennium outlines a system of secular ethics that both transcends religion and incorporates religious tolerance for the overall improvement of human life on individual, community and global levels, offering an accompanying guided meditation practice for cultivating key human values.

The Art of Happiness

Contrasts two approaches to conflicts and their resolution: the aggressive, confrontative elements of the adversary paradigm represented by the fictional figure Rambo, and the compassionate non-violence of the mutuality paradigm advocated by the Dalai Lama.

Rambo and the Dalai Lama

In this astonishingly frank autobiography, the Dalai Lama reveals the remarkable inner strength that allowed him to master both the mysteries of Tibetan Buddhism and the brutal realities of Chinese Communism.

Beyond Religion

Highlights the life and struggles of the religious leader of Tibet and winner of the 1989 Nobel Peace Prize.

Freedom in Exile

Powerful, profound advice on how to live a peaceful and fulfilling life amidst all the conflicts of the modern world. In this distillation of his life and teachings, the Dalai Lama paints a compelling portrait of his early life, reflecting on the personal and political struggles that have helped to shape his understanding of our world. Offering his wisdom and experience to interpret the timeless teachings of the Buddha, The Dalai Lama's Little Book of Inner Peace is fresh and relevant to our troubled times. He explains in a simple and accessible way how each of us can influence those around us by living with integrity. And he holds out hope that, through personal transformation, we can all contribute to a better world.

The Book of Joy

His Holiness the 14th Dalai Lama has for many years been Patron of the UK's Buddhist Society. This is selection of writings, speeches and other contributions from sixty years of association.

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