



The Dalai Lama's Little Book of Buddhism

His Holiness the Dalai Lama

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"The essence of all spiritual life is your attitude to others." --His Holiness the Dalai Lama

With clarity and candor, the Dalai Lama expounds on the core teachings of Buddhism. Fusing ancient wisdom with a modern sensibility, he gently encourages each of us to embrace lives of love and compassion; to embrace individual responsibility.

His pithy reflections encourage us to rid ourselves of preoccupation with the ephemera of daily life and to find refuge in Buddha, Dharma, and Sangha.

Inspiring, provocative, and thoughtful, this slim volume will be read and treasured for years to come.

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