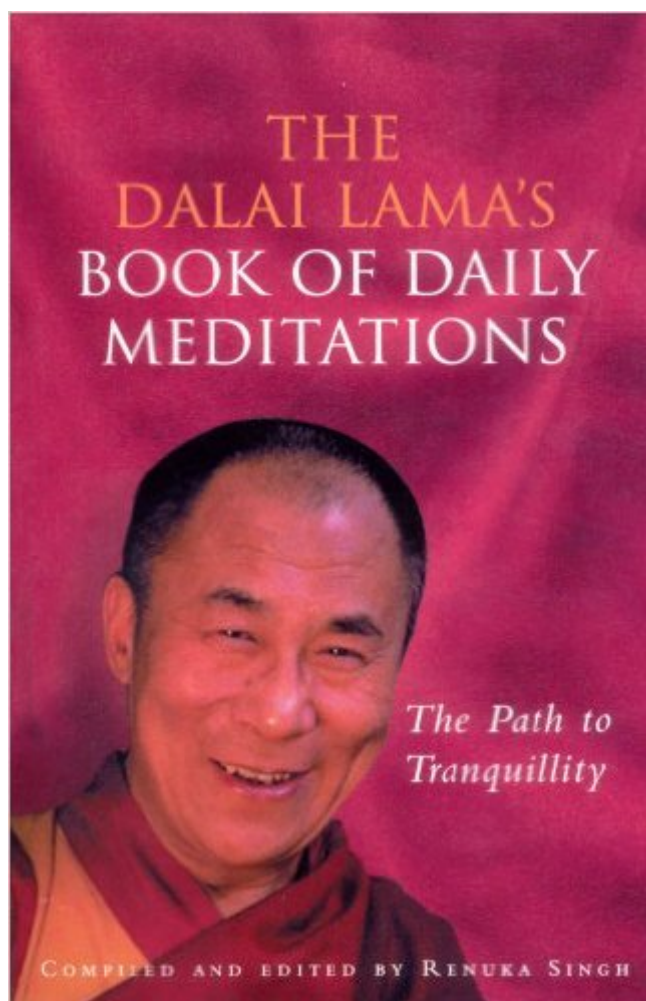


The book was found

# The Dalai Lama's Book Of Daily Meditations



## Synopsis

Sayings, prayers and stories drawn from the life and teachings of one of the world's greatest spiritual teachers are here brought together - for the first time - as reflections for each day of the year. His Holiness the Dalai Lama speaks with an informal practicality about almost every aspect of human life, from the secular to the religious. Reminding us of the power of compassion and meditation, he shares his thoughts about science and its relation to the spiritual life, and how we can still retain the simple values of love and courage in spite of the fact that the world is changing so fast. He also points out the interdependence between an action and its result so that we never forget the responsibility that lies in each of our deeds. Wise, humane and inspiring, these words will bring daily solace to all with their message of hope and their deep yet easily understandable philosophy of kindness and non-violence.

## Book Information

Paperback: 432 pages

Publisher: Rider & Co (September 6, 2001)

Language: English

ISBN-10: 0712604642

ISBN-13: 978-0712604642

Product Dimensions: 5.1 x 1 x 7.8 inches

Shipping Weight: 14.9 ounces

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

Best Sellers Rank: #894,707 in Books (See Top 100 in Books) #124 in Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #2343 in Â Books > Christian Books & Bibles > Worship & Devotion > Meditations #2394 in Â Books > Religion & Spirituality > Religious Studies > Comparative Religion

## Customer Reviews

I loved reading this book. Every one of the books that the Dalai Lama writes is a book that every person on earth should read. They should read it and practice the ideas, concepts, practices, and the overall ideas that are written in this marvelous book.

Easy as usual

[Download to continue reading...](#)

The Dalai Lama: Foreword by His Holiness The Dalai Lama The Dalai Lama's Book of Daily Meditations 365 Dalai Lama: Daily Advice from the Heart The Dalai Lama Book of Quotes: A Collection of Speeches, Quotations, Essays and Advice from His Holiness (Little Book. Big Idea.) The Dalai Lama's Little Book of Inner Peace: The Essential Life and Teachings Insight from the Dalai Lama 2016 Day-to-Day Calendar The Dalai Lama 2016 Wall Calendar The Dalai Lama's Cat and the Power of Meow Freedom in Exile: The Autobiography of The Dalai Lama A Force for Good: The Dalai Lama's Vision for Our World Living in "The Now" in Easy Steps: Understanding The Masters of Enlightenment, Eckhart Tolle, Dalai Lama, Krishnamurti and more! (The Secret of Now Series) (Volume 1) Stop Negative Thinking in 7 Easy Steps: Understanding The Masters of Enlightenment: Eckhart Tolle, Dalai Lama, Krishnamurti and more! Why Is the Dalai Lama Always Smiling?: A Westerner's Introduction and Guide to Tibetan Buddhist Practice The Open Road: The Global Journey of the Fourteenth Dalai Lama (Vintage Departures) The Essence of the Heart Sutra: The Dalai Lama's Heart of Wisdom Teachings Business as an Instrument for Societal Change: In Conversation with the Dalai Lama Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health The Dalai Lama at MIT Destructive Emotions: A Scientific Dialogue with the Dalai Lama The Dalai Lama and the King Demon: Tracking a Triple Murder Mystery Through the Mists of Time

[Dmca](#)