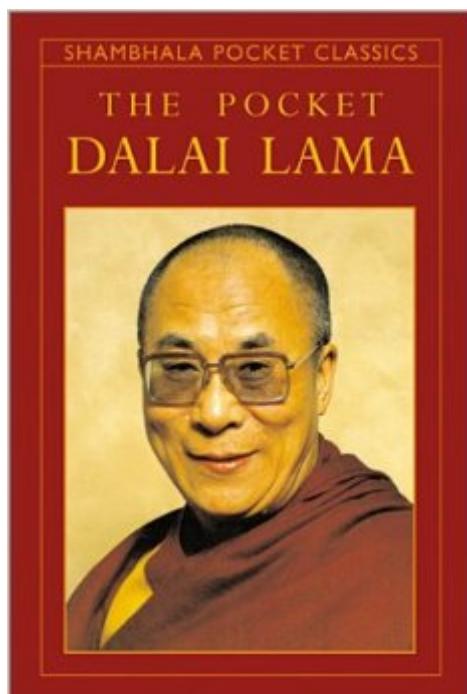


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# The Pocket Dalai Lama (Shambhala Pocket Classics)



## **Synopsis**

This collection of wisdom on a wide range of topics is a pocket-sized inspirational companion for anyoneâ "and the perfect short introduction to the Dalai Lama for the beginner. It includes short gems from many of his teachings made popular in such books as *The Art of Happiness* and *Ethics for the New Millennium*, as well as on subjects such as religion, politics, peacework, and human rights.

## **Book Information**

Series: Shambhala Pocket Classics

Paperback: 144 pages

Publisher: Shambhala; Poc edition (October 8, 2002)

Language: English

ISBN-10: 1590300017

ISBN-13: 978-1590300015

Product Dimensions: 3 x 0.4 x 4.5 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #308,006 in Books (See Top 100 in Books) #51 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #374 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #394 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice

## **Customer Reviews**

"The Pocket Dalai Lama" is compiled and edited by Mary Craig. This is an anthology of short excerpts from the teachings of the fourteenth Dalai Lama, the spiritual leader of Tibetan Buddhists. A note on the copyright page of this Shambhala Pocket Edition notes that this book is an abridged edition of "The Dalai Lama: In My Own Words," first published in the UK. The excerpts are grouped together in several sections which are titled as follows: "Looking for Happiness in a Secular Society"; "The Real Troublemakers"; "Religion, Religions, and No Religion At All"; "Wanted: A Spiritual Revolution"; "Ethics and the Good Society"; "Democracy and Human Rights"; "Oneness: Taking Responsibility for the World"; "Tibet and Non-Violence"; "Forgiving the Enemy"; "Suffering, Impermanence, and Death"; "World Peace"; and finally, "Invitation to Action." Also included are an introduction by Craig, a postscript about the Dalai Lama's life and exile, and a bibliography. Many of the passages are followed by a note showing the source of that particular passage. These sources

are quite varied: a 1959 letter to U.N. Secretary-General Dag Hammarskjold; a 1985 address at Westminster Abbey; a 1992 address to a summit in Rio de Janeiro; a 1993 article from the "Times of India"; a 2000 talk at the Smithsonian Folklife Festival in Washington, DC; and much more. These sources give an indication of the Dalai Lama's global travels and diverse interests. In her introduction editor Craig describes the Dalai Lama as "the most human human being" she has ever met. The Dalai Lama offers a truly global vision that embraces all of the world's people.

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