



# The Dalai Lama's Little Book of Inner Peace: The Essential Life and Teachings

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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.

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#### **About the Author**

Tenzin Gyatso, His Holiness the XIV Dalai Lama, is the exiled spiritual leader of the Tibetan people. Born in 1935, he was recognized at the age of two as the reincarnation of the thirteenth Dalai Lama and was enthroned in 1940. Following the suppression of the Tibetan national uprising in 1959, he was given political asylum in India. He is widely recognized as an advocate of world peace and has received many honors, including the Nobel Peace Prize in 1989.

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