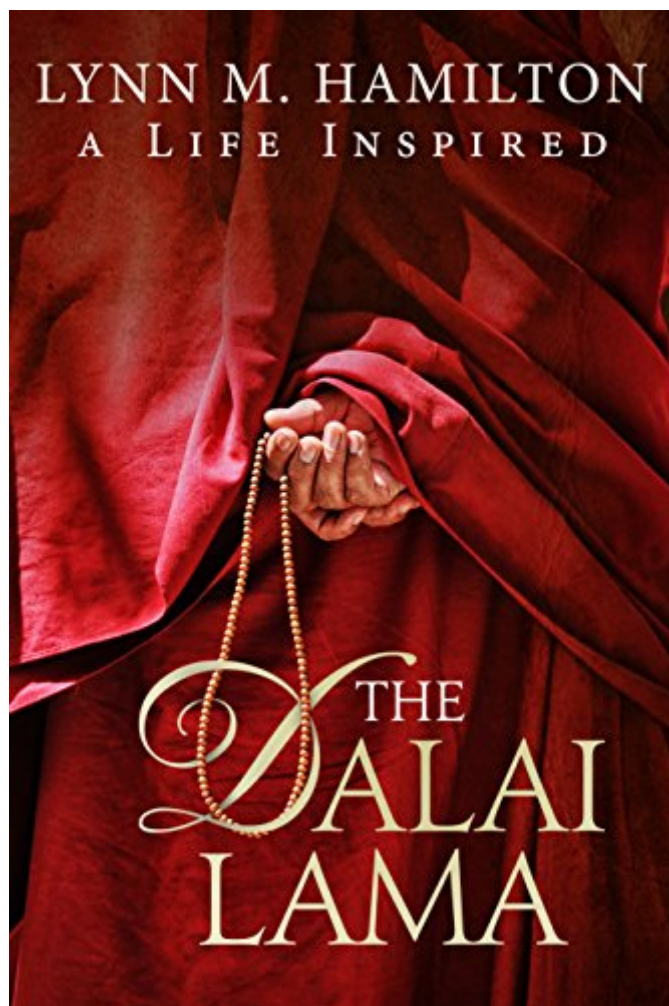


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# The Dalai Lama: A Life Inspired



## Synopsis

What does the Dalai Lama's life teach us? Certainly, he is a sterling example of turning adversity into joyful service. But there is more to him than that. He is also a model of innovation and adaptation. He has taken the tenets of Buddhism and made them relevant to everyone. He has found commonalities in the teachings of Catholicism and Buddhism. His message is not just about personal happiness and good karma, it is also very much about respecting the earth's resources, recognizing the equality of all people, and sharing with the less fortunate. He has said that, at ninety, he will decide whether his long series of lives as the Dalai Lama will end. As of this writing, he is nearly eighty. Will he live another ten years? We can only hope so.

## Book Information

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## Customer Reviews

I received this eBook for free from for an honest review. I enjoyed reading this brief biography of the fourteenth Lama, Jamphel Yeshe, and have decided to read more books about the Dalai Lama in the future after finishing this well-written book. As His Holiness believes, one doesn't have to be a Buddhist to practice Buddhist teachings such as compassion, mindfulness, and respect for

all living beings. If you are working on your own spirituality and are wanting to be a kinder and more compassionate person, you may want to learn more about him, his teachings, and his life story. This book and "The Dalai Lama's Cat series" by David Michie are excellent books for someone like me who doesn't know much about Buddhism and wants to learn more. Before reading the book, I had assumed his extraordinary teachings and his personality were only molded by ancient Buddhist teachings, but what was so surprising to me was to learn how much the Dalai Lama has done for his position, his people, and Buddhism by adjusting and adopting Buddhism to the 21 century and including science and learning about the outside world in the education of the Buddhist monks. Also the book has opened my eyes to the human rights violations as well as genocides have been committed in Tibet since the Chinese invasion of the country. What I liked the most about the book is the unbiased way it was written.

Very interesting read about this fascinating man's life. Clearly written, informative and understandable for someone not particularly well-versed in Buddhism.

I loved this book. It is a fast read and I couldn't put it down. The Dalai Lama is such a complex and interesting person and I respect how he is able to keep his religion intact despite exile from his beloved Tibet. This is a fascinating story and will keep your interest throughout the book. I highly recommend this story.

Enjoyable and easy to read. Found it hard to make myself stop reading. Highly recommend.

Quick read, lightweight, simple to read. Profound, but not preachy

A very interesting and inspiring look at a man of our times that has a unique personal karma. I have always had a respect and interest in the Dalai Lama and the sad situation of his departure from his homeland. The book painted a great picture of his Buddhist beliefs & peace loving philosophy and of the people of Tibet and how He made the most out of his exile to continue to help his people.

Very informative, definitely worth the read. As any good book should, it makes me want to read more about the subject. Tibet and the Dalai Lama are now part of my consciousness and I want to know more.

I always enjoy reading about the Dalai Lama and found the book very interesting. It brought back to mind some of the things I had forgotten had happened in his life. His life is inspiring and should be seen as a great example of dedication to one's beliefs. I lament the fact that he has not been able to live in his homeland for so many years and that his people were so brutally taken over by China.

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