



Live in a Better Way: Reflections on Truth, Love, and Happiness (Compass)

Dalai Lama

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Imbued with a friendly tone and pithy wisdom, this handsome handbook to approaching life "in a better way" includes six of **His Holiness The Dalai Lama's** most accessible and inspirational public lectures. Following each talk are the original question-and-answer sessions in which His Holiness opens himself up to his listeners and-now-to readers everywhere. His characteristically candid guidance on living fully and responsibly, especially at the start of a new millennium, focuses on specific themes that range from religious tolerance to compassion and nonviolence. The book also includes a practical and highly readable introduction to Buddhism and **The Dalai Lama's** own spiritual heritage, written by the renowned Lama Thubten Zopa Rinpoche.

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