



365 Dalai Lama: Daily Advice from the Heart

His Holiness the Dalai Lama

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365 Dalai Lama offers exactly that: short and inspiring words offering enlightening advice for everyday living.

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- Living and Growing Old
- Young People and Families
- Sickness and
- Dying
- Living in Poverty and Wealth
- Anger, Jealousy, Pride, and Desire
- Religion and Faith
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