

BOOKS WORTH READING



Living With Kindness And Compassion In Today's World

(NAPSA)—Whether you are working through a problem with a friend or trying to stay calm about world events, there is a new book to help you understand and work with the world around you.

“When I meet new people in new places, in my mind there is no barrier, no curtain,” said the Dalai Lama in “Kindness, Clarity, and Insight” (Snow Lion, \$19.95). “In my mind, as human beings you are my brothers and sisters; there is no difference in substance.”

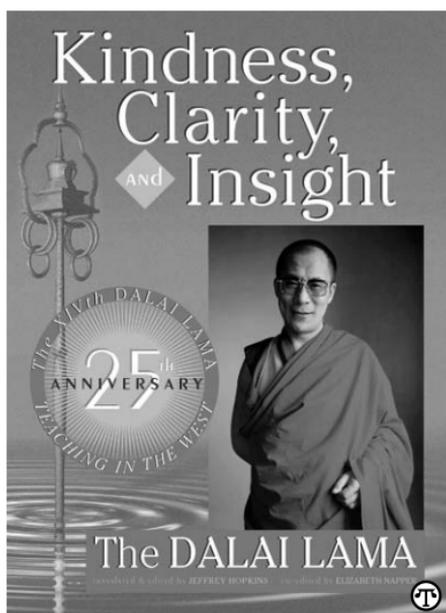
For 25 years, the Dalai Lama has shared his philosophy with people in North America. As a religious leader, he has worked toward peace and tolerance in his own and other countries.

As a pop culture icon, he has influenced thousands to reassess the minor and major frustrations in life, to take stock of themselves and to find a centered, peaceful inner self.

As his good friend and the book's translator, Jeffrey Hopkins, said, “His Holiness is calling on all humanity to appreciate the social value of kindness and compassion; kindness and compassion are the fabric that make society possible.”

“No matter whom I meet and where I go, I always give advice to be altruistic, to have a good heart,” said the Dalai Lama. “This is the essence of religion; this is the essence of the Buddhist teaching.”

This celebratory new edition of the very first book of the Dalai Lama's teachings in the English-speaking world is a testament to the kindness, clarity and insight



This silver anniversary edition of the Dalai Lama's first book of teachings in the Western World has much to offer.

of the material within it.

Twenty-five years after its original publication it remains one of the most readable and wide ranging of his books.

The book's 20 chapters are deftly arranged in a developmental sequence so that readers easily understand the background needed to appreciate more complex topics later in the text.

Taken as a whole, the teachings in this book provide an accessible map of Tibetan spiritual culture. It has been described as both an excellent introduction to Tibetan Buddhism and a clear picture of the Dalai Lama.

For more information, visit www.SnowLionPub.com.