



The Dalai Lama on What Matters Most: Conversations on Anger, Compassion, and Action

Noriyuki Ueda

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The Dalai Lama as You've Never Heard Him Before

A few years ago, prominent cultural anthropologist Noriyuki Ueda sat down with the Dalai Lama for a lively two-day conversation. This little book is the result. In it are some surprising truths and commonsense wisdom.

“The attachment that seeks what is good is worthwhile. Seeking enlightenment is a kind of attachment that we should keep, as is the desire for an unbiased heart.”

“Anger that is motivated by compassion or a desire to correct social injustice, and does not seek to harm anyone, is a good anger worth having.”

“I'm not only a socialist, but also a bit of a leftist, a Communist.”

“The type of competition that says, ‘I am the winner, and you are the loser’ must be overcome. But a positive competition allows us to lift each other up so that everybody ends up on top.”

Open the book to any page and find great wisdom on what matters most. And what matters most is not adherence to any one doctrine or political system but living with an open mind and heart.

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Playing with family inside a park, coming to see the coastal world or hanging out with friends is thing that usually you have done when you have spare time, subsequently why you don't try thing that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Dalai Lama on What Matters Most: Conversations on Anger, Compassion, and Action, you may enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its called reading friends.

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