



Buddha Heart, Buddha Mind: Living the Four Noble Truths

His Holiness the Dalai Lama

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This book is a collection of passages from lectures by the Dalai Lama. The teacher who speaks here is not the Buddhist philosopher, nor the head of state of the Tibetan people, but the spiritual friend, the one with a sharp, compassionate, and humorous understanding of the human condition. The Dalai Lama answers our concerns about the source of our anxieties, our limitations, the problem of death, and the deepest responsibilities of our lives.

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