



# Live in a Better Way: Reflections on Truth, Love and Happiness

*Dalai Lama*

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## **Live in a Better Way: Reflections on Truth, Love and Happiness** Dalai Lama

"Pay attention not only to the cultivation of knowledge but to the cultivation of qualities of the heart, so that at the end of education, not only will you be knowledgeable, but also you will be a warmhearted and compassionate person."

As accessible as it is inspirational, this selection gathers together a decade's worth of public lectures given in India to audiences from all walks of life. 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 as we cross into a new millennium focuses on specific themes that range from religious tolerance to compassion and nonviolence. With a practical and highly readable introduction to Buddhism and the Dalai Lama's own spiritual heritage, written by Lama Thubten Zopa Rinpoche, this is the perfect book for seekers at any stage along the path of life.

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