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## The joy of living and dying in peace by His Holiness the Dalai Lama of Tibet

Gyatso, Tenzin, author

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Abstrak

## Summary:

"Core teachings of Tibetan Buddhism ... provides straightforward practices and traditional Buddhist teachings on embracing our gift of human potential, on the acceptance of death and impermanence, and on the achievement of joy, peace, and spiritual fulfilment in this lifetime."--Page 4 of cover.