



Many Ways to Nirvana: Discourses on Right Living

By His Holiness The Dalai Lam; Edited By Renuka Singh

Penguin, New Delhi, India, 2004. Hard Cover. Book Condition: New. Dust Jacket Condition: New. First Edition. Can a common man with family responsibilities achieve Nirvana or Buddhahood? What should be the spiritual limit of ambition for a busy professional? Are there different kinds of negative emotions? How do you stay positive when confronted with environmental and human injustice? His Holiness the Dalai Lama answers these and a host of other questions in this companion volume to *The Transformed Mind: Reflections on Truth, Love and Happiness*, successfully published around the world in 1999. Interpreting the ancient wisdom of Lord Buddha for today's generation, he speaks to us about the paths to self-realization and the need to overcome negative emotions in order to develop one's inner consciousness. Wise, compassionate and always pragmatic, he offers advice on the many issues that confront the ordinary human being: how to free yourself from emotional afflictions and petty cravings, how to transform anxiety and depression into contentment, how to initiate and keep alive inter-faith dialogue in the troubled times we live in. Undeniably one of the best books of its kind, *Many Ways to Nirvana* gives us an insight into the Dalai Lama's philosophy and guides...



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