



365 Dalai Lama: Daily Advice from the Heart

By His Holiness the Dalai Lama

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- Living and Growing Old
- Young People and Families
- Sickness and
- Dying
- Living in Poverty and Wealth
- Anger, Jealousy, Pride, and Desire
- Religion and Faith
- Sexual Desire and Homosexuality
- War and Politics
- Mindfulness and a Contemplative Life

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Editorial Review

About the Author

Tenzin Gyatso, His Holiness the XIV Dalai Lama, is the exiled spiritual leader of the Tibetan people. He is widely recognized as an advocate of world peace and has received many honors, including the Nobel Peace Prize.

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