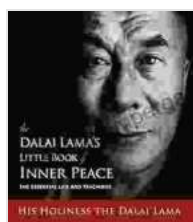
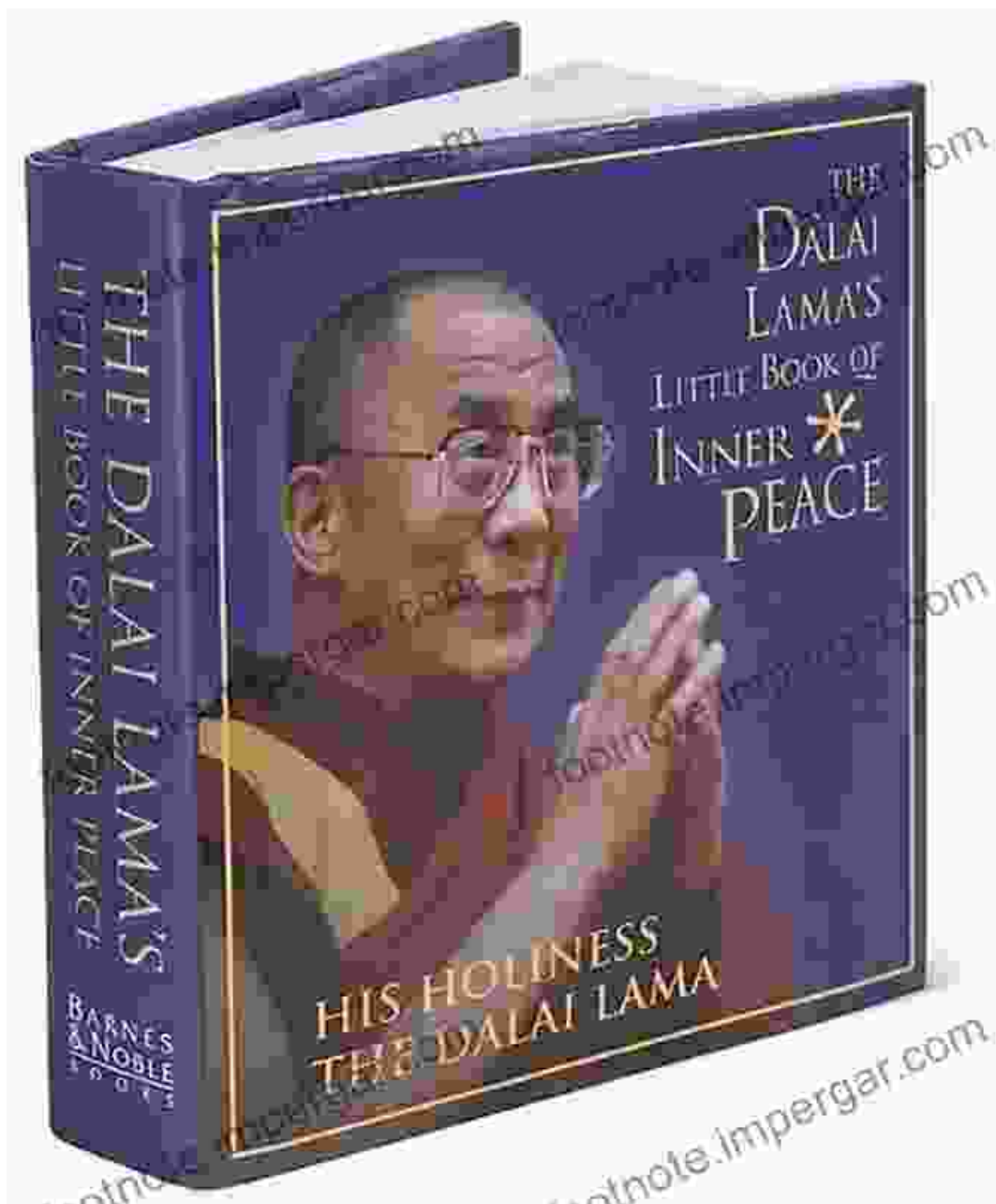


Unlock Inner Peace and Find Fulfillment with "A Little Book of Inner Peace" by His Holiness the Dalai Lama

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The Dalai Lama's Little Book of Inner Peace: The Essential Life and Teachings by Dalai Lama

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2820 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled

Word Wise : Enabled
Print length : 385 pages
Lending : Enabled



Discover the Wisdom of a Spiritual Master

In this captivating book, the Dalai Lama shares his insights on:

- Cultivating inner peace through meditation
- Overcoming obstacles and finding strength in adversity
- Practicing compassion and empathy towards others
- Nurturing a healthy mind and body
- The importance of interdependence and interconnectedness
- The search for meaning and purpose
- Living a life of service and compassion

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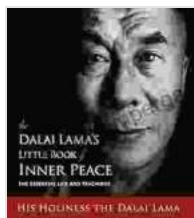
- Reduce stress and anxiety
- Boost resilience and optimism
- Cultivate empathy and understanding
- Improve relationships with family and friends
- Create a life filled with meaning and purpose
- Make a positive impact on the world

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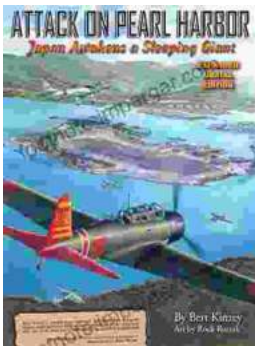
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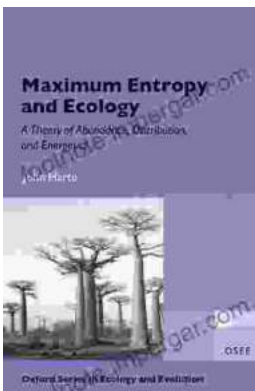
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