



# How to Practice: The Way to a Meaningful Life

*His Holiness the Dalai Lama*

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## **How to Practice: The Way to a Meaningful Life** His Holiness the Dalai Lama

As human beings, we possess one common desire: the need for happiness and a meaningful life. According to His Holiness the Dalai Lama, the ability to find true fulfillment lies within each of us. Now, the spiritual and temporal leader of Tibet, Nobel Prize winner, and bestselling author helps readers begin the path to enlightenment in a very special book -- an easy-access reference for daily practice as well as stunning illumination of the timeless wisdom of His Holiness. "How to Practice" will guide you toward opening your heart, refraining from doing harm, maintaining mental tranquility, and more. Divided into a series of distinct steps that will lead spiritual seekers of all faiths toward enlightenment, this accessible book is a constant and daily companion in the quest to practice morality, meditation, and wisdom. The Dalai Lama shows us how to overcome our everyday obstacles, from feelings of anger and mistrust to jealousy, insecurity, and counterproductive thinking. Imbued with His Holiness' vivacious spirit and sense of playfulness, "How to Practice" offers the Dalai Lama's own sage and very practical insight into the human psyche and what binds us all together.

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