



AN OPEN HEART: Practicing Compassion in Everyday Life

His Holiness; Vreeland, Nicholas, Editor Dalai Lama

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How does one actually become a compassionate person? What are the mechanisms by which a selfish heart is transformed into a generous heart? The Dalai Lama's teachings on this essential subject, drawn from talks he delivered during his epochal visit to America in 1999, form the basis of this universally appealing book.

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