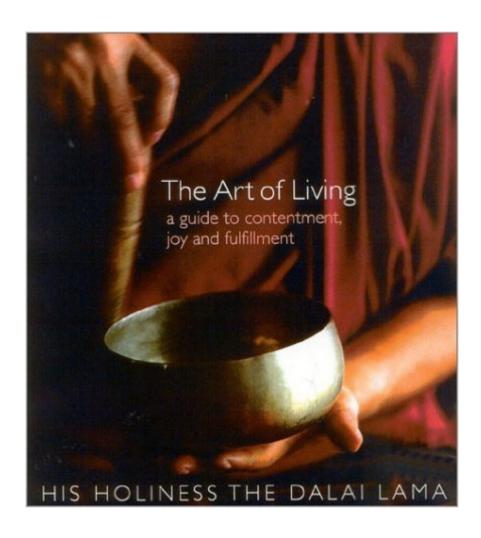
## The book was found

# The Art Of Living: A Guide To Contentment, Joy And Fulfillment





# **Synopsis**

The simple teaching of His Holiness the Dalai Lama blend beautifully with photographs of the Tibetan landscape and people, monastic and lay practitioners of Buddhism. The full color photos in this book and the Dalai Lama's teaching on living a joyful life offers readers a very personal encounter with the Dalai Lama.

## **Book Information**

Paperback: 176 pages

Publisher: Element Books Ltd. (September 25, 2003)

Language: English

ISBN-10: 0007156162

ISBN-13: 978-0007156160

Product Dimensions: 8.9 x 0.6 x 10.2 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.8 out of 5 stars Â See all reviews (9 customer reviews)

Best Sellers Rank: #795,584 in Books (See Top 100 in Books) #112 in Books > Politics & Social

Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #2240 in Books > Religion &

Spirituality > New Age & Spirituality > New Thought #13018 in Books > Self-Help > Personal

Transformation

### Customer Reviews

The Art of Living: A Guide to Contentment, Joy and Fulfillment by His Holiness the XIV Dalai Lama - This is wonderful hardback (coffee-table-style) book that presents stunning color photographs that illuminate the rich cultural heritage of Tibetan Buddhism depicting monks and the astounding mountain environment. In addition, His Holiness the Dalai Lama provides unique and informative introductory lessons on living a fulfilling life through a Buddhist perspective. He provides the following six lessons: Contentment, Joy and Living Well; Facing Death and Dying Well; Dealing With Anger and Emotion; Giving and Receiving: A Practical Way of Directing Love and Compassion; Interdependence, Inter-connectedness and the Nature of Reality; and The Challenge for Humanity: An Interfaith Address. Itâ ™s a concise but enlightening glimpse of the holy Tibetan environment and some of the primary beliefs and practices of Buddhism.

I started studying Buddhism recently and this book was a lovely introduction to the basic teachings. I truly enjoyed every page of it. The photographs and quotes are amazing...

While I was reading The Art of Living, many of the passages seemed genuinely thought-provoking and peaceful. I went back and forth about four or five stars for this book. The only reason I hesitated was because I think a lot of people might find some of the writing to be too "deep" as far as regular awareness. Coming from a spiritual approach to life myself, they are intriguing and uplifting. The photographs are worth the purchase alone. This book is filled with ways to make you step past the complexity that the physical world can seem to have. "Simplicity" is the way of peaceful living, which is reiterated many different ways in the Dali Lama's messages. If you are looking for ways to improve the condition of your life and attitude, then this book should be read by you. Jim Fargiano, author of: The Spoken Words of Spirit: Lessons From The Other Side

Great book by a great person! Borrowed book from library and had to get my own. A nice guide to refer to every so often! Recommend!

Insightful, and a pleasure to read and view. Deceptively deep and complex from such a charming voice. I am looking forward to reading everything I can.

#### Download to continue reading...

The Art of Living: A Guide to Contentment, Joy and Fulfillment Joy on the Job . . . . Over 365 Ways to Create the Joy and Fulfillment You Deserve FBA: Complete Guide: Make Money Online With FBA: The Fulfillment by Bible - Best Selling Secrets Revealed: The FBA Selling ..., fulfillment by , fba Book 1) Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple) Calm My Anxious Heart: A Woman's Guide to Finding Contentment (TH1NK Reference Collection) Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence Making Friends with Your Mind: The Key to Contentment The Rare Jewel of Christian Contentment The Joy of Waltzes, Tangos and Polkas: Piano Solo (Joy Books (Music Sales)) Joy Of First Classics (Joy Of...Series) The Joy of First Year Piano (Joy Of...Series) The Joy of Ballet Music: Piano Solo (Joy Of...Series) FBA: Complete Guide: Make Money Online With FBA: The Fulfillment by Bible: Best Selling Secrets Revealed: The FBA Selling Guide The Sales Formula: A No Experience Required, Step by Step Instructional Guide to Leverage Private Labeling and Fulfillment by , to Generate Thousands per Month in Passive Income. The Fulfillment of All Desire Study Guide A Member of the Family: Cesar Millan's Guide to Lifetime Fulfillment with Your Dog A MEMBER of the FAMILY: Cesar Millan's Guide to a Lifetime of Fulfillment with Your Dog The Seven Spiritual

Laws of Success: A Practical Guide to the Fulfillment of Your Dreams The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams - The Complete Book on CD (Chopra, Deepak) The Only Way to Win: How Building Character Drives Higher Achievement and Greater Fulfillment in Business and Life

<u>Dmca</u>