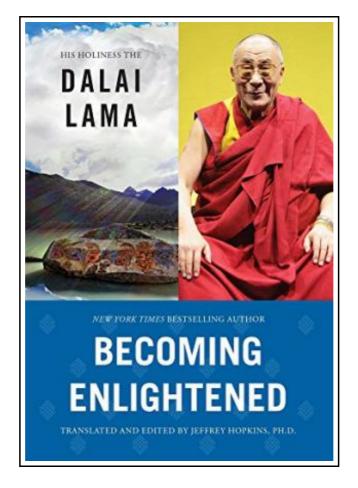
Becoming Enlightened



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Reviews

This book is indeed gripping and interesting. It really is rally exciting through studying period. Its been written in an extremely easy way and is particularly merely soon after i finished reading this book through which in fact changed me, affect the way i think.

(Aisha Lemke)

BECOMING ENLIGHTENED



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Simon & Schuster. Paperback / softback. Book Condition: new. BRAND NEW, Becoming Enlightened, Dalai Lama, Jeffrey Hopkins, In "Becoming Enlightened," His Holiness the Dalai Lama powerfully explores the foundation of Buddhism, laying out an accessible and practical approach to age-old questions: How can we live free from suffering? How can we achieve lasting happiness and peace? Drawing from traditional Buddhist meditative practices as well as penetrating examples from today's troubled planet, he presents step-by-step exercises designed to expand the reader's capacity for spiritual growth, along with clear milestones to mark the reader's progress. By following the spiritual practices outlined in "Becoming Enlightened," we can learn how to replace troublesome feelings with positive attitudes and embark on a path to achieving an exalted state -- within ourselves and within the larger world. Full of personal anecdotes and intimate accounts of the Dalai Lama's experiences as a lifelong student, thinker, political leader, and Nobel Peace Prize Laureate, "Becoming Enlightened" gives readers all the wisdom, support, guidance, and inspiration they need to become successful and fulfilled in their spiritual lives. This is a remarkable and empowering book that can be read and enjoyed by seekers of all faiths. Readers at every stage of their spiritual development will be captivated by His Holiness the Dalai Lama's loving and direct teaching style.



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