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For the Dalai Lama, basic human values such as kindness, tolerance, compassion, honesty, and forgiveness are the source of human happiness. Throughout the book, he

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plus links to a book excerpt from The Art of Happiness at Work and author biography of His Holiness The Dalai Lama.

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The official website for The Office of His Holiness the 14th Dalai Lama. His Holiness the Dalai Lama's public talk on the "Art of Happiness" given The Dalai

The art of happiness at work by dalai lama xiv

This book was inspiring, so much so that I read it twice. The comments of the Dalai Lama on happiness at work are relevant and based on common sense and spirituality.

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For the first time since The Art of Happiness, His Holiness the Dalai Lama has teamed up with psychiatrist Howard Cutler to continue the discussion about what makes

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This is the first book i've read that was written by HH the Dalai Lama and I must say its a very good book. I've been a bit stressed out at work lately for one reason

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Dalai Lama on the job. Dr. Howard Cutler and His Holiness the Dalai Lama first teamed up in 1998 to write The Art of Happiness: A Handbook for Living.

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If you want others to be happy, practice compassion. If you want to be happy, practice compassion. Dalai Lama XIV, The Art of Happiness

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THE ART OF HAPPINESS AT WORK by The Dalai Lama and Howard C. Cutler falls considerably short of THE ART OF HAPPINESS, the original work by the same authors.

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About Dalai Lama. His Holiness the Dalai Lama is the spiritual and temporal leader of the Tibetan people. He is a recipient of the Raoul Wallenberg Congressional

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Tenzin Gyatso, His Holiness the Fourteenth Dalai Lama, is the spiritual and temporal leader of the Tibetan people. His tireless efforts on behalf of human rights and

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