

The Four Noble Truths The Dalai Lama

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Product Description The four noble truths are these: life involves suffering; desire is the source of our suffering; there is a way to put an end to our desire; the way out of desire is to live one's life according to eight basic principles. About the Author The Dalai Lama is the spiritual and political leader of Tibet. He is the author of several books on Tibetan Buddhism. See all Editorial Reviews

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