



A remarkable and rare overview of the key aspects of Tibetan Buddhism provided by His Holiness the Dalai Lama. The End of Suffering and the Discovery of Happiness presents a clear and straightforward road map for how we might end our experience of suffering and discover happiness, drawn by the most celebrated spiritual master of Buddhism—His Holiness the 14th Dalai Lama. In this insightful volume, he not only describes what religion can contribute to mankind, but also accentuates the significance of truly practicing religion and understanding what it is that mankind really needs. His Holiness explains the three turnings of the wheel of Dharma; the purpose and the means of generating the mind of enlightenment; and the twelve links of dependent arising, as well as other preliminary concepts. Tsongkhapa's The Three Principal Aspects of the Path and The Stages of the Path to Enlightenment have also been beautifully described in great detail. In The End of Suffering and the Discovery of Happiness, His Holiness the 14th Dalai Lama, renowned for his warm-heartedness and his message of love, compassion, and peace offers an illuminating glimpse into the core of Tibetan Buddhism.

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