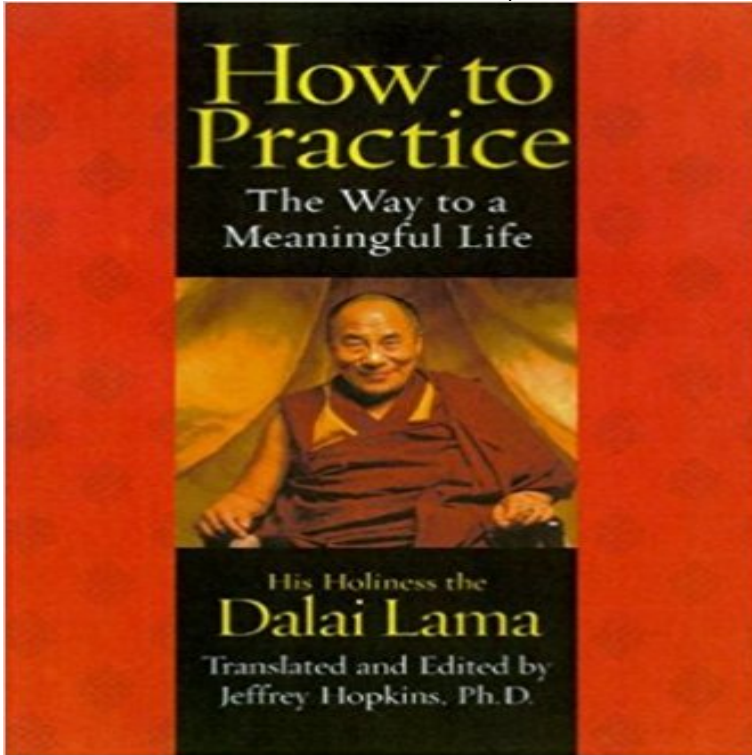


# How to Practice: The Way to a Meaningful Life



As human beings, we all share the desire for happiness and meaning in our lives. According to His Holiness the Dalai Lama, the ability to find true fulfillment lies within each of us. In this very special book, the spiritual and temporal leader of Tibet, Nobel Prize winner, and bestselling author helps readers embark upon the path to enlightenment with a stunning illumination of the timeless wisdom and an easy-access reference for daily practice. Divided into a series of distinct steps that will lead spiritual seekers toward enlightenment, *How to Practice* is a constant companion in the quest to practice morality, meditation, and wisdom. This accessible book will guide you toward opening your heart, refraining from doing harm, and maintaining mental tranquility as the Dalai Lama shows you how to overcome everyday obstacles, from feelings of anger and mistrust to jealousy, insecurity, and counterproductive thinking. Imbued with His Holiness' vivacious spirit and sense of playfulness, *How to Practice* offers sage and practical insight into the human psyche and into the deepest aspirations that bind us all together.

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